

exercise class programme

Arc Leisure Matlock

Accurate as of 01/05/2024

Times for Wednesday 3 April



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	Freedom Indoor Cycling	Cycle Studio	Shelley F	
9:15 am - 10:00 am	Kettlebells	Studio 2	Sophie	
10:00 am - 10:45 am	Stretch & Tone	Studio 1	Sophie	
11:00 am - 12:00 pm	Buggy Power	Studio 2	Sophie	
12:15 pm - 1:00 pm	Freedom Indoor Cycling	Cycle Studio	Paul E	
5:30 pm - 6:15 pm	Pilates	Studio 1	Dawn	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Cycle Studio	Jake	
6:30 pm - 7:15 pm	Kettlebells	Studio 2	Jake	
6:30 pm - 7:30 pm	Pilates	Studio 1	Dawn	
7:30 pm - 8:15 pm	HIIT	Studio 2	Jake	