exercise class programme

Arc Leisure Matlock

Accurate as of 12/10/2024

Times for Friday 25 January

Time	Session	Facility	Instructor	Level
9:00 am - 9:45 am	HIIT Conditioning	Studio 2	Paul E	
9:45 am - 10:30 am	Freedom Indoor Cycling	Cycle Studio	Paul E	
5:30 pm - 6:15 pm	Boxercise	Studio 2	Paul E	