

# exercise class programme

## Arc Leisure Matlock

Accurate as of 10/05/2024

Times for Monday 18 March				
Time	Session	Facility	Instructor	Level
9:45 am - 10:30 am	Kettlercise HITT	Studio 1	Dolores W	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Cycle Studio	Paul E	