## exercise class programme Arc Leisure Matlock

## Accurate as of 01/05/2024

Times for Wednesday 27 March				<b>o</b>
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	