

# exercise class programme

## Arc Leisure Matlock

Accurate as of 04/05/2024

### Times for Wednesday 15 May



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	
12:15 pm - 1:00 pm	Freedom Indoor Cycling	Cycle Studio	Paul E	
6:15 pm - 7:00 pm	Freedom Balance	Studio 1		