

exercise class programme

Arc Leisure Matlock

Accurate as of 24/04/2024

Times for Friday 24 May



| 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 | |