

# exercise class programme

## Arc Leisure Matlock

Accurate as of 09/04/2024

Times for Thursday 25 July				
Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	Freedom Indoor Cycling & Circuits	Cycle Studio	Sophie	
9:15 am - 10:00 am	HIIT	Studio 2	Shelley F	
5:15 pm - 6:00 pm	Zumba	Studio 1	Dave P	