

# exercise class programme

## Arc Leisure Matlock

Accurate as of 17/05/2025

### Times for Thursday 4 June



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	Incycle & Strength	Cycle Studio	Dawn	
9:15 am - 10:00 am	HIIT	Studio 2	Shelley F	
5:15 pm - 6:00 pm	Zumba	Studio 1	Dave P	