

# exercise class programme

## Arc Leisure Matlock

Accurate as of 17/05/2024

| Times for Friday 12 June |                        |              |            |       |
|--------------------------|------------------------|--------------|------------|-------|
| 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     |       |
| 5:30 pm - 6:15 pm        | Boxercise              | Studio 2     | Paul E     |       |