

# exercise class programme

## Arc Leisure Matlock

Accurate as of 18/05/2024

### Times for Monday 22 April



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	HIIT	Studio 2		
9:15 am - 10:00 am	Aqua Aerobics	Main Pool	Dave P	
9:45 am - 10:30 am	Kettlercise HITT	Studio 1	Dolores W	
10:45 am - 11:30 am	Barre Fitness	Studio 1	Jayne	
11:45 am - 12:30 pm	Stretch & Tone	Studio 1	Jayne	beginner
3:30 pm - 4:30 pm	Chair Based Fitness	Studio 1	Helen E	
5:15 pm - 6:00 pm	Zumba	Studio 1	Dave P	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Cycle Studio	Paul E	
5:30 pm - 6:15 pm	Strength & Conditioning	Studio 1		
6:00 pm - 7:00 pm	Yoga	Studio 1	Karen	
6:30 pm - 7:15 pm	Boxercise	Studio 2	Paul E	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Cycle Studio		
7:15 pm - 8:00 pm	Kettlebells	Studio 2		
7:15 pm - 8:15 pm	Yoga Flow	Studio 1	Karen	
7:30 pm - 8:15 pm	Freedom Indoor Cycling	Cycle Studio		beginner