exercise class programme

Arc Leisure Matlock

Accurate as of 12/10/2024

Times for Tuesday 23 April

Time	Session	Facility	Instructor	Level
8:00 am - 8:45 am	Freedom Indoor Cycling & Circuits	Cycle Studio	Shelley F	
9:15 am - 10:00 am	Freedom Indoor Cycling	Cycle Studio	Shelley F	
9:30 am - 10:30 am	Yoga	Studio 1	Karen	
10:30 am - 11:15 am	Aqua Aerobics	Main Pool	Dolores W	
10:30 am - 11:15 am	Freedom Pump	Studio 1	Instructor	
10:30 am - 11:30 am	Aqua Rehab	Main Pool	Paul E	
11:30 am - 12:30 pm	50+ Body Conditioning	Studio 1	Dolores W	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Cycle Studio	Paul E	
5:30 pm - 6:15 pm	Strength & Conditioning	Studio 2		
6:15 pm - 7:00 pm	Freedom Step	Studio 1	Sue L	
6:30 pm - 7:00 pm	HIIT	Studio 2		
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Cycle Studio		
7:00 pm - 7:45 pm	Legs, Bums & Tums	Studio 1	Sue L	