

# exercise class programme

## Arc Leisure Matlock

Accurate as of 04/05/2024

### Times for Wednesday 24 April



| Time                | Session                | Facility     | Instructor | Level |
|---------------------|------------------------|--------------|------------|-------|
| 7:00 am - 7:45 am   | Freedom Indoor Cycling | Cycle Studio | Shelley F  |       |
| 9:15 am - 10:00 am  | Kettlebells            | Studio 2     | Sophie     |       |
| 10:00 am - 10:45 am | Stretch & Tone         | Studio 1     | Sophie     |       |
| 11:00 am - 12:00 pm | Buggy Power            | Studio 2     | Sophie     |       |
| 12:15 pm - 1:00 pm  | Freedom Indoor Cycling | Cycle Studio | Paul E     |       |
| 5:30 pm - 6:15 pm   | Pilates                | Studio 1     | Dawn       |       |
| 5:30 pm - 6:15 pm   | Freedom Indoor Cycling | Cycle Studio | Jake       |       |
| 6:30 pm - 7:15 pm   | Kettlebells            | Studio 2     | Jake       |       |
| 6:30 pm - 7:30 pm   | Pilates                | Studio 1     | Dawn       |       |
| 7:30 pm - 8:15 pm   | HIIT                   | Studio 2     | Jake       |       |