

Classes

Dimensions Leisure Centre

Accurate as of 28/07/2024

Times for Tuesday 23 July



Time	Session	Facility
6:45 am - 7:00 am	Spinning	Spinning Studio
9:30 am - 10:30 am	Circuits	Fitness Studio Upstairs
11:00 am - 12:00 pm	Parkinsons Class	Fitness Studio Upstairs
1:15 pm - 2:00 pm	Aqua Fit	Fantasy Pool
4:00 pm - 5:00 pm	Meditation & Reiki	Fitness Studio Upstairs
5:30 pm - 6:15 pm	Spinning	Spinning Studio
5:30 pm - 6:30 pm	Fiit Circuits	Fitness Studio Upstairs
6:30 pm - 7:15 pm	Spinning	Spinning Studio
6:30 pm - 7:30 pm	Power Hour	Fitness Studio Upstairs