

Classes

Dimensions Leisure Centre

Accurate as of 02/08/2024

Times for Thursday 8 August



| Time | Session | Facility |
|--------------------|---------------|-------------------------|
| 9:30 am - 10:15 am | Spinning | Spinning Studio |
| 5:30 pm - 6:30 pm | Fiit Circuits | Fitness Studio Upstairs |
| 6:00 pm - 6:45 pm | Spinning | Spinning Studio |
| 6:45 pm - 7:30 pm | Aqua Fit | Fantasy Pool |
| 7:00 pm - 8:00 pm | Yoga | Fitness Studio Upstairs |