

# Classes

## Dimensions Leisure Centre

Accurate as of 09/08/2024

### Times for Thursday 15 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 |