

# Classes

## Dimensions Leisure Centre

Accurate as of 10/08/2024

### Times for Friday 16 August



Time	Session	Facility
10:00 am - 11:00 am	Chair Based Class	Fitness Studio Upstairs
11:15 am - 12:15 pm	Tai Chi	Fitness Studio Upstairs
5:00 pm - 5:45 pm	Spinning	Spinning Studio