

Classes

Dimensions Leisure Centre

Accurate as of 10/09/2024

Times for Monday 16 September



Time	Session	Facility
9:30 am - 10:15 am	Spinning	Spinning Studio
11:00 am - 11:45 am	Virtual Class	Fitness Studio Upstairs
1:30 pm - 2:30 pm	Chair Based Class	Fitness Studio Upstairs
5:30 pm - 6:15 pm	Spinning	Spinning Studio
6:30 pm - 7:15 pm	Spinning	Spinning Studio
6:30 pm - 7:30 pm	Power Hour	Fitness Studio Upstairs
6:45 pm - 7:30 pm	Aqua Fit	Fantasy Pool