

# Classes

## Dimensions Leisure Centre

Accurate as of 05/02/2025

### Times for Thursday 16 January



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