

# Classes

## Dimensions Leisure Centre

Accurate as of 05/02/2025

### Times for Wednesday 22 January



Time	Session	Facility
10:00 am - 11:00 am	Chair Based Class	Fitness Studio Upstairs
11:00 am - 11:45 am	Virtual Class	Fitness Studio Upstairs
4:30 pm - 5:15 pm	Spinning	Spinning Studio
5:30 pm - 6:15 pm	Spinning	Spinning Studio
6:00 pm - 7:00 pm	Total Body Workout	Fitness Studio Upstairs
7:00 pm - 8:00 pm	Barbell Burn	Fitness Studio Upstairs