

Classes

Dimensions Leisure Centre

Accurate as of 05/02/2025

Times for Friday 24 January



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