

# Classes

## Dimensions Leisure Centre

Accurate as of 30/04/2024

### Times for Monday 27 March



| Time               | Session            | Facility                |
|--------------------|--------------------|-------------------------|
| 9:30 am - 10:15 am | Spinning           | Spinning Studio         |
| 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 |
| 7:45 pm - 8:45 pm  | Bootcamp Boxercise | Fitness Studio Upstairs |