

# Classes

## Dimensions Leisure Centre

Accurate as of 20/05/2024

### Times for Monday 22 April



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