

# Classes

## Dimensions Leisure Centre

Accurate as of 09/05/2024

### Times for Tuesday 30 April



Time	Session	Facility
6:45 am - 7:00 am	Spinning	Spinning Studio
9:30 am - 10:30 am	Circuits	Fitness Studio Upstairs
2:00 pm - 3:00 pm	Meditation & Reiki	Fitness Studio Upstairs
5:30 pm - 6:15 pm	Spinning	Spinning Studio
5:30 pm - 6:30 pm	Fiit Circuits	Fitness Studio Upstairs
6:30 pm - 7:15 pm	Spinning	Spinning Studio
6:30 pm - 7:30 pm	Power Hour	Fitness Studio Upstairs