

Classes

Dimensions Leisure Centre

Accurate as of 09/05/2024

Times for Wednesday 1 May



Time	Session	Facility
6:45 am - 7:45 am	Power Hour	Fitness Studio Upstairs
10:00 am - 11:00 am	Chair Based 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