


Classes

Dimensions Leisure Centre

Accurate as of 20/05/2024

Times for Thursday 2 May			
Time	Session	Facility	
9:30 am - 10:15 am	Spinning	Spinning Studio	
1:00 pm - 2:00 pm	Parkinsons Class	Fitness Studio Upstairs	
5:30 pm - 6:30 pm	Fiit Circuits	Fitness Studio Upstairs	
5:45 pm - 6:30 pm	Spinning	Spinning Studio	
7:00 pm - 8:00 pm	Yoga	Fitness Studio Upstairs	