

Classes

Dimensions Leisure Centre

Accurate as of 22/09/2026

Times for Tuesday 22 September



Time	Session	Facility
6:45 am - 7:00 am	Spinning	Spinning Studio
8:30 am - 9:30 am	Aqua For Health	Fantasy Pool
9:30 am - 10:30 am	Circuits	Fitness Studio Upstairs
11:00 am - 12:00 pm	Parkinsons Class	Spinning Studio
1:00 pm - 1:45 pm	Good Boost Dry Session	Fitness Studio Upstairs
2:00 pm - 3:00 pm	Walking Football	Artificial Grass Pitch (170107)
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
6:45 pm - 7:45 pm	Zumba	Fitness Studio Upstairs