

Classes

Dimensions Leisure Centre

Accurate as of 22/09/2026

Times for Wednesday 23 September

Time	Session	Facility
6:45 am - 7:45 am	Pilates	Fitness Studio Upstairs
10:00 am - 11:00 am	Move4Health	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