

Classes

Dimensions Leisure Centre

Accurate as of 22/09/2026

Times for Thursday 24 September			
Time	Session	Facility	
9:30 am - 10:15 am	Spinning	Spinning Studio	
9:45 am - 10:45 am	Move4Health	Fitness Studio Upstairs	
11:00 am - 12:00 pm	Escape Pain Programme	Fitness Studio Upstairs	
1:30 pm - 2:30 pm	Dance4Health	Fitness Studio Upstairs	
2:00 pm - 3:00 pm	Walking Football	Artificial Grass Pitch (170107)	
5:30 pm - 6:30 pm	Zumba Zenergy	Fitness Studio Upstairs	
6:00 pm - 6:45 pm	Spinning	Spinning Studio	
6:45 pm - 7:30 pm	Aqua Fit	Fantasy Pool	
7:00 pm - 8:00 pm	Yoga	Fitness Studio Upstairs	