

Classes

Dimensions Leisure Centre

Accurate as of 22/09/2026

Times for Friday 25 September

Time	Session	Facility
10:00 am - 11:00 am	Move4Health	Fitness Studio Upstairs
11:15 am - 12:15 pm	Tai Chi	Fitness Studio Upstairs
5:00 pm - 5:45 pm	Spinning	Spinning Studio