

Classes

Dimensions Leisure Centre

Accurate as of 22/09/2026

Times for Monday 28 September



Time	Session	Facility
9:30 am - 10:15 am	Spinning	Spinning Studio
10:30 am - 11:30 am	Yoga 4 Health	Fitness Studio Upstairs
12:00 pm - 12:45 pm	Good Boost Dry Session	Fitness Studio Upstairs
1:30 pm - 2:30 pm	Move4Health	Fitness Studio Upstairs
1:30 pm - 2:30 pm	Aqua For Health	Fantasy Pool
5:00 pm - 6:00 pm	Adult & Child Circuits	Fitness Studio Upstairs
5:30 pm - 6:15 pm	Spinning	Spinning Studio
6:15 pm - 7:15 pm	Power Hour	Fitness Studio Upstairs
6:30 pm - 7:15 pm	Spinning	Spinning Studio
7:15 pm - 8:00 pm	Aqua Fit	Fantasy Pool