

Classes

Dimensions Leisure Centre

Accurate as of 03/10/2026

Times for Friday 9 October			
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	