

# Fitness Classes

## Oakgrove Leisure Centre

Accurate as of 09/06/2026

### Times for Tuesday 9 June



Time	Session	Facility	Level	Type
18:15 - 19:00	Group Cycling	Studio 2	All levels	Indoor Cycle
18:30 - 19:00	MyZone HIIT	Gym		Aqua
19:00 - 20:00	Circuits	Studio 2	All levels	HIIT