

# Fitness Classes

## Oakgrove Leisure Centre

Accurate as of 09/06/2026

### Times for Wednesday 10 June



Time	Session	Facility	Level	Type
18:15 - 19:15	Yoga	Studio 2	All levels	Mind & Body
18:30 - 19:00	MyZone HIIT	Gym		Aqua
19:30 - 20:30	Les Mills BODYCOMBAT™	Studio 2		Martial Arts