

# Fitness Classes

## Oakgrove Leisure Centre

Accurate as of 09/06/2026

### Times for Monday 15 June



Time	Session	Facility	Level	Type
18:15 - 19:00	INSANITY®	Studio 2	All levels	Aerobic
18:30 - 19:00	MyZone HIIT	Gym		Aqua
19:30 - 20:30	Pilates	Studio 2	All levels	Mind & Body