

Group Exercise

The Spa At Beckenham

Accurate as of 17/05/2025

Times for Thursday 19 September



Time	Session	Facility	Instructor
6:00 am - 6:30 am	Kettlebells 30	Studio A	Michelle
6:15 am - 7:00 am	Group Cycle	Studio C/Spin Studio	Mickey
6:30 am - 7:00 am	Fab Abs & Legs	Studio A	Michelle
6:30 am - 7:30 am	Hot Static Yoga	Mind and Body Studio	Anna
7:00 am - 7:45 am	Body Pump 45	Studio E	Michelle
8:00 am - 8:45 am	AquaFit 16+	Main Pool	Michelle
8:45 am - 9:30 am	AquaFit 16+	Main Pool	Gloria
9:00 am - 9:45 am	BODYSTEP™	Studio B	Michelle
9:15 am - 10:00 am	Piloxing	Studio A	Amanda
9:15 am - 10:15 am	BODYPUMP™	Studio E	Carrie
9:45 am - 10:15 am	PiYo 30	Studio B	Michelle
10:00 am - 10:30 am	Fab Abs	Gym	Greg
10:00 am - 10:45 am	Zumba®	Studio A	Amanda
10:15 am - 11:00 am	Pure Stretch 45	Studio B	Michelle
10:15 am - 11:15 am	BODYBALANCE™	Studio E	Carrie
10:45 am - 11:30 am	Ballet Fit	Studio A	Amanda
11:00 am - 11:45 am	Pilates	Studio B	Josie
11:30 am - 12:30 pm	Baby Boogie	Studio A	Mickey
11:45 am - 12:45 pm	Strength and Stability - Primetime	Studio E	Sandra R
12:00 pm - 12:45 pm	BODYPUMP™	Studio B	Michelle
12:30 pm - 1:30 pm	Hot Soulful Vinyasa Yoga	Mind and Body Studio	Claire

Time	Session	Facility	Instructor
1:30 pm - 2:15 pm	Post Natal Yoga w/ Baby	Studio A	Carrie
3:30 pm - 4:30 pm	Strength and Stability - Primetime	Studio E	Sandra R
6:00 pm - 6:30 pm	Fab Abs	Studio E	Steffi
6:00 pm - 6:45 pm	Group Cycle	Studio C/Spin Studio	Keith
6:00 pm - 6:45 pm	BODYATTACK™	Studio E	Ben
6:00 pm - 7:00 pm	Yoga	Studio A	Jade
6:00 pm - 7:00 pm	Hot Yin & Restore	Mind and Body Studio	Jo
6:30 pm - 7:15 pm	T30:HIIT	Gym	Jack
6:30 pm - 7:30 pm	Body Pump 45	Studio B	Miki
6:35 pm - 7:20 pm	AquaFit 16+	Main Pool	Shelley
6:45 pm - 7:30 pm	Pure Stretch	Studio B	Ben
7:00 pm - 7:30 pm	Kettlebells	Studio A	Jade
7:00 pm - 8:00 pm	Hot Pilates	Mind and Body Studio	Teresa
7:20 pm - 8:00 pm	AquaFit 16+	Main Pool	Shelley
7:30 pm - 8:15 pm	BODYCOMBAT™	Studio E	Ben
7:30 pm - 8:15 pm	INSANITY™	Studio A	Paul
8:15 pm - 9:15 pm	Pilates	Studio A	Sabrina