

Group Exercise

The Spa At Beckenham

Accurate as of 20/04/2024

Times for Saturday 29 February



Time	Session	Facility	Instructor
7:00 am - 7:40 am	Kettlebells	Studio E	Michelle
7:05 am - 7:45 am	Group Cycle	Studio C/Spin Studio	Ben
7:05 am - 8:00 am	Sunrise Yoga	Studio A	Anna
7:45 am - 8:30 am	Body Pump 45	Studio E	Michelle
8:00 am - 8:30 am	Zumba®	Studio A	Mickey
8:00 am - 9:00 am	Hot Scaravelli Yoga	Mind and Body Studio	Natasha
8:00 am - 9:30 am	Hatha Yoga	Studio B	Olivia
8:30 am - 8:55 am	Fab Abs & Legs	Studio E	Michelle
8:30 am - 9:00 am	Insanity 30	Studio A	Mickey
8:55 am - 9:40 am	BODYSTEP™	Studio E	Michelle
9:00 am - 9:30 am	Kettlebells 30	Studio A	Mickey
9:15 am - 10:00 am	Group Cycle	Studio C/Spin Studio	Michelle M
9:30 am - 10:00 am	Fab Abs	Studio A	Mickey
9:40 am - 10:35 am	Body Balance - New	Studio E	Michelle
10:00 am - 10:30 am	Kettlebells	Studio A	Mickey
10:30 am - 11:30 am	Pregnancy Conditioning	Studio A	Mickey
10:35 am - 11:30 am	BODYATTACK™	Studio E	Amy
11:30 am - 12:15 pm	Group Cycle	Studio C/Spin Studio	Marie
11:30 am - 1:00 pm	Yoga Sivananda	Studio A	Laura
11:35 am - 12:20 pm	Zumba® Toning	Studio E	Mickey
12:30 pm - 1:30 pm	BODYCOMBAT™	Studio E	Marie

Time	Session	Facility	Instructor
1:00 pm - 2:00 pm	Hot Hatha Yoga	Mind and Body Studio	Kathryn
1:15 pm - 2:15 pm	Pilates	Studio A	Alicia
2:30 pm - 4:00 pm	Hot Vinyasa Flow	Mind and Body Studio	Dave H
4:00 pm - 5:00 pm	Prime Dance Fit	Studio E	Sharon P
6:00 pm - 7:00 pm	Yoga Hatha	Studio B	Priya
7:00 pm - 8:00 pm	Hot Candlelight Yoga	Mind and Body Studio	Priya