

# Group Exercise

## The Spa At Beckenham

Accurate as of 04/05/2024

### Times for Sunday 25 May



Time	Session	Facility	Instructor
8:15 am - 9:00 am	Group Cycle	Studio C/Spin Studio	Paul
9:10 am - 10:00 am	Freestyle Pump	Studio B	Paul
9:30 am - 10:30 am	Pilates	Studio A	Sabrina/Anne
5:00 pm - 6:00 pm	BODYPUMP™	Studio E	Nathan
6:00 pm - 7:00 pm	BODYBALANCE™	Studio B	Mary Rose/Nancie
6:05 pm - 6:55 pm	AquaFit 16+	Main Pool	Donna/Chloe