

Mind and Body Studio

The Spa At Beckenham

Accurate as of 29/04/2024

Times for Tuesday 21 September			
Time	Session	Facility	Instructor
9:30 am - 10:30 am	Hot Hatha Yoga	Mind and Body Studio	
11:00 am - 12:00 pm	Hot Pilates	Mind and Body Studio	
7:00 pm - 8:30 pm	Hot Yoga Flow	Mind and Body Studio	