

Mind and Body Studio

The Spa At Beckenham

Accurate as of 07/05/2024

Times for Wednesday 22 September			
Time	Session	Facility	Instructor
7:00 am - 8:00 am	Hot Sunrise Pilates	Mind and Body Studio	
2:00 pm - 3:00 pm	Hot Chakra	Mind and Body Studio	
8:00 pm - 9:00 pm	Hot Vinyasa Yoga	Mind and Body Studio	