

# Mind and Body Studio

## The Spa At Beckenham

Accurate as of 27/04/2024

Times for Thursday 23 September			
Time	Session	Facility	Instructor
9:30 am - 10:30 am	Hot Forrest Power Yoga	Mind and Body Studio	
11:15 am - 12:15 pm	Hot Soulful Vinyasa Yoga	Mind and Body Studio	
7:00 pm - 8:00 pm	Hot Pilates	Mind and Body Studio	