

# Mind and Body Studio

## The Spa At Beckenham

Accurate as of 06/05/2024

Times for Friday 24 September			
Time	Session	Facility	Instructor
7:00 am - 8:00 am	Hot Sunrise Pilates	Mind and Body Studio	
5:00 pm - 6:00 pm	Hot Power Yoga	Mind and Body Studio	
7:00 pm - 8:00 pm	Hot Candlelight Yoga	Mind and Body Studio	