

# Mind and Body Studio

## The Spa At Beckenham

Accurate as of 04/05/2024

| Times for Saturday 25 September |                     |                      |            |
|---------------------------------|---------------------|----------------------|------------|
| Time                            | Session             | Facility             | Instructor |
| 8:00 am - 9:00 am               | Hot Scaravelli Yoga | Mind and Body Studio |            |