

Mind and Body Studio

The Spa At Beckenham

Accurate as of 03/05/2024

| Times for Tuesday 23 April | | | |
|----------------------------|----------------|----------------------|------------|
| 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 | |