

Mind and Body Studio

The Spa At Beckenham

Accurate as of 04/05/2024

Times for Monday 29 April



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Hot PiYo	Mind and Body Studio	
6:30 pm - 7:30 pm	Hot Pure Stretch	Mind and Body Studio	
7:30 pm - 8:30 pm	Hot Pilates	Mind and Body Studio	