

Group Exercise

The Spa At Beckenham

Accurate as of 23/04/2026

Times for Saturday 25 April



| Time | Session | Facility | Instructor |
|---------------------|------------------------|----------------------|------------|
| 7:00 am - 7:40 am | Kettlebells | Studio E | Michelle |
| 7:05 am - 7:45 am | Group Cycle | Studio C/Spin Studio | Ben |
| 7:05 am - 8:00 am | Sunrise Yoga | Studio A | Anna |
| 7:45 am - 8:30 am | Body Pump 45 | Studio E | Michelle |
| 8:00 am - 8:30 am | Zumba® | Studio A | Mickey |
| 8:00 am - 9:00 am | Hot Scaravelli Yoga | Mind and Body Studio | Natasha |
| 8:00 am - 9:30 am | Hatha Yoga | Studio B | Olivia |
| 8:30 am - 8:55 am | Fab Abs & Legs | Studio E | Michelle |
| 8:30 am - 9:00 am | Insanity 30 | Studio A | Mickey |
| 8:55 am - 9:40 am | BODYSTEP™ | Studio E | Michelle |
| 9:00 am - 9:30 am | Kettlebells 30 | Studio A | Mickey |
| 9:15 am - 10:00 am | Group Cycle | Studio C/Spin Studio | Michelle M |
| 9:30 am - 10:00 am | Fab Abs | Studio A | Mickey |
| 9:40 am - 10:35 am | Body Balance - New | Studio E | Michelle |
| 10:00 am - 10:30 am | Kettlebells | Studio A | Mickey |
| 10:30 am - 11:30 am | Pregnancy Conditioning | Studio A | Mickey |
| 10:35 am - 11:30 am | BODYATTACK™ | Studio E | Amy |
| 11:30 am - 12:15 pm | Group Cycle | Studio C/Spin Studio | Marie |
| 11:30 am - 1:00 pm | Yoga Sivananda | Studio A | Laura |
| 11:35 am - 12:20 pm | Zumba® Toning | Studio E | Mickey |
| 12:30 pm - 1:30 pm | BODYCOMBAT™ | Studio E | Marie |

| Time | Session | Facility | Instructor |
|-------------------|----------------------|----------------------|-------------------|
| 1:00 pm - 2:00 pm | Hot Hatha Yoga | Mind and Body Studio | Kathryn |
| 1:15 pm - 2:15 pm | Pilates | Studio A | Alicia |
| 2:30 pm - 4:00 pm | Hot Vinyasa Flow | Mind and Body Studio | Dave H |
| 4:00 pm - 5:00 pm | Prime Dance Fit | Studio E | Sharon P |
| 6:00 pm - 7:00 pm | Yoga Hatha | Studio B | Priya |
| 7:00 pm - 8:00 pm | Hot Candlelight Yoga | Mind and Body Studio | Priya |