

Group Exercise

The Spa At Beckenham

Accurate as of 23/04/2026

Times for Wednesday 29 April



Time	Session	Facility	Instructor
6:05 am - 6:45 am	Group Cycle	Studio C/Spin Studio	Michelle
6:45 am - 7:30 am	Kettlebells & Abs	Studio A	Michelle
7:00 am - 8:00 am	Hot Sunrise Pilates	Mind and Body Studio	Sabrina
8:00 am - 8:45 am	AquaFit 16+	Main Pool	Grayce
8:45 am - 9:30 am	AquaFit 16+	Main Pool	Angella
9:00 am - 9:30 am	Kettlebells 30	Studio A	Michelle
9:00 am - 9:30 am	Transform Live!	Studio B	Ben
9:00 am - 9:45 am	Power Stretch	Studio B	Cheryl
9:15 am - 10:00 am	Group Cycle	Studio C/Spin Studio	Mickey
9:30 am - 10:15 am	BODYSTEP™	Studio E	Michelle
9:30 am - 10:15 am	T30:HIIT	Gym	Dani
9:30 am - 10:30 am	Zumba®	Studio A	Johanne
9:35 am - 10:25 am	AquaFit 16+	Main Pool	Angella
9:45 am - 10:30 am	BODYATTACK™	Studio B	Ben
10:15 am - 11:00 am	BODYBALANCE™	Studio B	Michelle
10:30 am - 11:15 am	Post Natal Fitness	Studio A	Mickey
10:30 am - 11:30 am	Prime Line Dance	Studio E	Karen
11:00 am - 12:00 pm	Complete Conditioning	Studio B	Jane
11:05 am - 11:50 am	Group Cycle	Studio C/Spin Studio	Michelle
11:15 am - 12:00 pm	Post Natal Fitness	Studio A	Mickey
11:30 am - 12:30 pm	Line Dance	Studio E	Karen

Time	Session	Facility	Instructor
12:00 pm - 12:45 pm	Prime Pilates	Studio B	Jane
12:45 pm - 1:30 pm	Prime Pilates	Studio B	Jane
1:30 pm - 2:30 pm	Yoga	Studio B	Anna
2:00 pm - 3:00 pm	Hot Chakra	Mind and Body Studio	Sophie
2:45 pm - 3:45 pm	Prime Seated Yoga	Studio B	Marta
5:00 pm - 5:30 pm	Kettlebells 30	Studio A	Michelle
5:00 pm - 5:45 pm	Complete Conditioning	Studio B	Sophie F
5:30 pm - 6:00 pm	Core Conditioning	Studio A	Michelle
5:45 pm - 6:15 pm	Transform Live!	Studio B	Sophie F
5:45 pm - 6:30 pm	BODYCOMBAT™	Studio B	Lisa
6:00 pm - 6:30 pm	Ball & Bands	Studio A	Michelle
6:00 pm - 7:00 pm	Hot Beginner Pilates	Mind and Body Studio	Trevor
6:10 pm - 6:55 pm	Group Cycle	Studio C/Spin Studio	Robert
6:15 pm - 7:00 pm	Body Balance - New	Studio B	Sophie F
6:30 pm - 7:00 pm	Fab Abs & Legs	Studio A	Michelle
6:30 pm - 7:15 pm	BODYPUMP™	Studio B	Lisa
7:00 pm - 7:30 pm	Kettlebells	Studio A	Donna
7:00 pm - 7:45 pm	T30:SYNERGY	Gym	Greg
7:00 pm - 8:00 pm	Zumba®	Studio E	Emma
7:00 pm - 8:00 pm	Hot Vinyasa Yoga	Mind and Body Studio	Jo
7:15 pm - 8:00 pm	Group Cycle	Studio C/Spin Studio	Michelle M
7:15 pm - 8:15 pm	Boxercise	Studio B	Trevor
7:30 pm - 8:00 pm	Fab Abs	Studio A	Donna
8:00 pm - 9:00 pm	Below the Belt	Studio E	Donna
8:15 pm - 9:00 pm	Pregnancy Yoga	Studio A	Jo

Time	Session	Facility	Instructor
8:15 pm - 9:00 pm	Body Balance 45	Studio B	Nancie