

Group Exercise

The Spa At Beckenham

Accurate as of 29/04/2026

Times for Sunday 3 May



Time	Session	Facility	Instructor
8:00 am - 8:30 am	HIIT Circuits	Studio E	Chloe
8:00 am - 9:30 am	Yoga	Studio B	Giovina
8:15 am - 9:00 am	Group Cycle	Studio C/Spin Studio	Paul
8:30 am - 9:00 am	Kettlebells 30	Studio E	Chloe
9:00 am - 9:30 am	Core Conditioning	Studio E	Chloe
9:10 am - 10:00 am	Freestyle Pump	Studio B	Paul
9:30 am - 10:15 am	Group Cycle	Studio C/Spin Studio	Marie
9:30 am - 10:30 am	Pilates	Studio A	Sabrina/Anne
9:30 am - 10:30 am	BODYATTACK™	Studio E	Amy/Chloe
10:00 am - 10:45 am	T30:SYNERGY	Gym	Greg
10:30 am - 11:15 am	Fab Abs & Legs	Studio B	Grayce
10:30 am - 11:15 am	Pure Stretch	Studio A	Anna
10:30 am - 11:15 am	Body Combat 45	Studio E	Marie
10:30 am - 11:30 am	Hot Yoga Flow	Mind and Body Studio	Giovina
11:15 am - 12:00 pm	Zumba®	Studio E	Grayce
11:15 am - 12:30 pm	Yoga	Studio B	Anna
12:00 pm - 1:00 pm	Pilates	Studio A	Alicia
12:30 pm - 1:30 pm	Hot Yoga Flow	Mind and Body Studio	Kevin
1:00 pm - 2:00 pm	Flowetic	Studio A	Brenda
2:00 pm - 3:30 pm	Yoga Hatha	Studio B	Kevin
5:00 pm - 6:00 pm	BODYPUMP™	Studio E	Nathan

Time	Session	Facility	Instructor
5:00 pm - 6:00 pm	Pilates	Studio B	Alicia
5:00 pm - 6:00 pm	Hot Yogalates	Mind and Body Studio	Awa
6:00 pm - 6:45 pm	Group Cycle	Studio C/Spin Studio	Nathan
6:00 pm - 7:00 pm	BODYBALANCE™	Studio B	Mary Rose/Nancie
6:05 pm - 6:55 pm	AquaFit 16+	Main Pool	Donna/Chloe
7:00 pm - 8:00 pm	Hot Candlelight Yoga	Mind and Body Studio	Priya