

Group Exercise

The Spa At Beckenham

Accurate as of 29/04/2026

Times for Monday 4 May



Time	Session	Facility	Instructor
6:05 am - 6:50 am	BODYATTACK™	Studio E	Maddie
6:15 am - 7:00 am	T30:HIIT	Gym	Jack
7:00 am - 7:45 am	Group Cycle	Studio C/Spin Studio	Robert
8:00 am - 8:45 am	AquaFit 16+	Main Pool	Sophie
9:00 am - 9:45 am	Pilates	Studio B	Sabrina
9:00 am - 9:45 am	Kettlebells	Studio A	Mickey
9:15 am - 10:00 am	Complete Conditioning	Studio E	Cheryl
9:30 am - 10:15 am	T30:POWER	Gym	Dani
9:30 am - 10:30 am	Hot PiYo	Mind and Body Studio	Nancie
9:45 am - 10:30 am	Group Cycle	Studio C/Spin Studio	Mickey
10:00 am - 10:30 am	Fab Abs	Studio A	Cheryl
10:00 am - 10:45 am	BODYATTACK™	Studio E	Chloe
10:30 am - 11:30 am	Baby Boogie	Studio A	Mickey
10:45 am - 11:30 am	BODYBALANCE™	Studio E	Carrie
11:15 am - 12:15 pm	Hot Hatha Yoga	Mind and Body Studio	Sammi
11:30 am - 12:15 pm	Pilates	Studio B	Sabrina
11:30 am - 12:15 pm	Baby Bops	Studio A	Mickey
11:35 am - 12:25 pm	AquaFit 16+	Teaching Pool (20.0m)	Angella
12:30 pm - 1:15 pm	Zumba® Gold	Studio E	Ria
5:00 pm - 5:45 pm	Body Pump 45	Studio E	Keith
5:00 pm - 6:00 pm	Hot Meditation	Mind and Body Studio	Caroline

Time	Session	Facility	Instructor
5:45 pm - 6:15 pm	Fab Abs	Studio E	Mickey
5:45 pm - 6:15 pm	Kettlebells	Studio A	Jade
5:45 pm - 6:45 pm	Senior Circuits	Studio D	Mark
6:00 pm - 6:45 pm	Group Cycle	Studio C/Spin Studio	Keith
6:15 pm - 7:00 pm	Freestyle Step	Studio E	Mickey
6:15 pm - 7:00 pm	Prime Pilates Beg	Studio A	Nikki
6:15 pm - 7:00 pm	PIYo	Studio B	Louise
6:30 pm - 7:30 pm	Hot Pure Stretch	Mind and Body Studio	Anna
7:00 pm - 7:45 pm	INSANITY™	Studio B	Steffi
7:00 pm - 7:45 pm	Group Cycle	Studio C/Spin Studio	Miki
7:00 pm - 8:00 pm	Below the Belt	Studio E	Donna
7:05 pm - 8:00 pm	Pregnancy Conditioning	Studio A	Mickey
7:30 pm - 8:30 pm	Hot Pilates	Mind and Body Studio	Teresa
8:00 pm - 8:30 pm	Kettlebells	Studio A	Donna
8:00 pm - 8:45 pm	Group Cycle	Studio C/Spin Studio	Sue H
8:00 pm - 9:00 pm	Zumba® Toning	Studio E	Mickey
8:00 pm - 9:30 pm	Yoga	Studio B	Anna
8:30 pm - 9:00 pm	Hot Flex 30	Mind and Body Studio	Steffi
8:30 pm - 9:30 pm	Pilates	Studio A	Alicia