

Group Exercise

The Spa At Beckenham

Accurate as of 29/04/2026

Times for Tuesday 5 May



Time	Session	Facility	Instructor
6:00 am - 6:30 am	Kettlebells 30	Studio A	Sue H
6:05 am - 6:45 am	Group Cycle	Studio C/Spin Studio	Shreena
6:30 am - 7:30 am	Pilates	Studio B	Anne
6:45 am - 7:30 am	BODYPUMP™	Studio E	Shreena
8:30 am - 9:15 am	AquaFit 16+	Main Pool	Sue S
9:00 am - 9:30 am	Ball & Bands	Studio A	Sue H
9:00 am - 9:45 am	Power Stretch	Studio B	Cheryl
9:00 am - 10:00 am	BODYPUMP™	Studio E	Mickey
9:30 am - 10:30 am	Pilates	Studio A	Caroline
9:30 am - 10:30 am	Hot Hatha Yoga	Mind and Body Studio	Anna
9:45 am - 10:30 am	Group Cycle	Studio C/Spin Studio	Sue H
9:45 am - 10:30 am	HIIT Circuits	Studio B	Cheryl
10:00 am - 10:30 am	Fab Abs	Studio E	Mickey
10:30 am - 11:15 am	Kettlebells	Studio A	Cheryl
10:30 am - 11:15 am	Body Balance 45	Studio B	Amanda
10:30 am - 11:15 am	T30:STRENGTH	Gym	Jack
10:30 am - 11:30 am	Zumba® Toning	Studio E	Mickey
11:00 am - 12:00 pm	Hot Pilates	Mind and Body Studio	Sabrina
11:30 am - 12:15 pm	Barre Fit	Studio B	Amanda
11:30 am - 12:30 pm	Post Natal Yoga w/ Baby	Studio A	Jo
11:45 am - 12:45 pm	Hula Fitness	Studio E	Ro

Time	Session	Facility	Instructor
12:15 pm - 1:00 pm	Baby & Barre	Studio B	Amanda
1:15 pm - 1:45 pm	Transform Live!	Studio B	Nicky B
1:30 pm - 2:30 pm	Pilates	Studio B	Samantha
1:30 pm - 2:30 pm	Hot Vinyasa Flow	Mind and Body Studio	Sammi
1:45 pm - 2:30 pm	Body Pump 45	Studio E	Nicky B
1:45 pm - 2:45 pm	Keep Fit	Studio E	Gloria
2:45 pm - 3:45 pm	Strength and Stability - Primetime	Studio A	Sam
3:00 pm - 4:00 pm	Hatha Yoga Primetime	Studio B	Kevin
5:15 pm - 6:00 pm	SOSA Dance	Studio B	Steffi
5:15 pm - 6:15 pm	Yoga - Vinyasa Flow	Studio A	Sammi
5:30 pm - 6:15 pm	Body Pump 45	Studio E	Mickey
5:45 pm - 6:45 pm	Hot Slow Flow & Meditation	Mind and Body Studio	Zoe
5:50 pm - 6:35 pm	Group Cycle	Studio C/Spin Studio	Marie
6:00 pm - 6:45 pm	BODYBALANCE™	Studio B	Nancie/Jeni
6:15 pm - 6:45 pm	Insanity 30	Studio E	Mickey
6:30 pm - 7:25 pm	AquaFit 16+	Main Pool	Karen
6:30 pm - 7:30 pm	Pilates	Studio A	Anne
6:45 pm - 7:30 pm	BODYATTACK™	Studio B	Chloe
6:45 pm - 7:30 pm	Freestyle Step	Studio E	Mickey
7:00 pm - 7:45 pm	Group Cycle	Studio C/Spin Studio	Marie
7:00 pm - 8:30 pm	Hot Yoga Flow	Mind and Body Studio	Giovina
7:30 pm - 8:15 pm	BODYBALANCE™	Studio B	Cat
7:30 pm - 8:15 pm	Pound Fitness	Studio A	Aimee
7:30 pm - 8:25 pm	AquaFit 16+	Main Pool	Karen
7:30 pm - 8:30 pm	BODYPUMP™	Studio E	Sue H

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7:50 pm - 8:35 pm	Group Cycle	Studio C/Spin Studio	Chloe
8:15 pm - 9:15 pm	BODYCOMBAT™	Studio B	Cat
8:15 pm - 9:15 pm	Yoga - Vinyasa Flow	Studio A	Anna
8:35 pm - 9:35 pm	Circuit Training	Studio E	Alicia