

Group Exercise

The Spa At Beckenham

Accurate as of 03/05/2026

Times for Friday 8 May



Time	Session	Facility	Instructor
6:00 am - 6:30 am	INSANITY™	Studio A	Kat
6:15 am - 7:00 am	Group Cycle	Studio C/Spin Studio	Michelle
6:30 am - 7:00 am	Kettlebells	Studio A	Kat
7:00 am - 7:30 am	Fab Abs & Legs	Studio A	Michelle
8:00 am - 8:45 am	AquaFit 16+	Main Pool	Michelle
8:45 am - 9:30 pm	AquaFit 16+	Main Pool	Shelley
9:00 am - 9:30 am	INSANITY™	Studio E	Mickey
9:00 am - 9:45 am	Ball & Bands	Studio A	Michelle
9:00 am - 10:30 am	Hot Yoga Flow	Mind and Body Studio	Dave H
9:15 am - 10:00 am	Pilates	Studio B	Caroline
9:25 am - 10:10 am	Group Cycle	Studio C/Spin Studio	Ben
9:30 am - 10:30 am	Freestyle Step	Studio E	Mickey
9:35 am - 10:20 am	AquaFit 16+	Main Pool	Ria
9:45 am - 10:30 am	Kettlebells 45	Studio A	Michelle
10:00 am - 10:30 am	HIIT Circuits	Studio B	Carrie
10:15 am - 11:00 am	Group Cycle	Studio C/Spin Studio	Ben
10:30 am - 11:15 am	Hot Body Balance	Mind and Body Studio	Carrie
10:30 am - 11:15 am	Legs, Bums & Tums	Studio A	Michelle
10:30 am - 11:30 am	Keep Fit	Studio B	Christine
10:30 am - 11:30 am	BODYPUMP™	Studio E	Mickey
11:15 am - 12:00 pm	Hot Pure Stretch	Mind and Body Studio	Michelle

Time	Session	Facility	Instructor
11:30 am - 12:00 pm	PiYo 30	Studio B	Carrie
11:30 am - 12:30 pm	Zumba®	Studio E	Ria
11:30 am - 12:30 pm	Post Natal Yoga w/ Baby	Studio A	Carrie
12:00 pm - 1:00 pm	Yoga Hatha	Studio B	Carrie
12:30 pm - 1:15 pm	Pure Stretch 45	Studio A	Annia
1:00 pm - 1:45 pm	Body Pump 45	Studio E	Carrie
2:00 pm - 2:45 pm	Toddler Yoga	Studio A	Anna
4:30 pm - 5:15 pm	Jnr Yoga (12-15)	Studio A	Anna
5:00 pm - 6:00 pm	Hot Power Yoga	Mind and Body Studio	Rina
5:15 pm - 6:00 pm	Teen & Family Yoga	Studio A	Laura
5:45 pm - 6:15 pm	HIIT Circuits	Studio B	Steffi
5:45 pm - 6:30 pm	Group Cycle	Studio C/Spin Studio	Lisa/Marie
6:00 pm - 7:00 pm	Yoga	Studio A	Laura
6:15 pm - 7:00 pm	SOSA Dance	Studio B	Steffi
6:30 pm - 7:15 pm	T30:HIIT	Gym	Jade
6:30 pm - 7:30 pm	BODYPUMP™	Studio E	Lisa/Soli
7:00 pm - 7:30 pm	Stretch & Tone	Studio B	Steffi
7:00 pm - 8:00 pm	Pilates	Studio A	Mary-Rose
7:00 pm - 8:00 pm	Hot Candlelight Yoga	Mind and Body Studio	Michelle B
8:00 pm - 9:00 pm	Yoga Nidra	Studio A	Michelle B