

Spa at Beckenham Group Exercise Programme updated 8 July 2010

Day	Class	Venue	Name	Day	Class	Venue	Name	Day	Class	Venue	Name
Monday				Tuesday				Wednesday			
09:30-10:30	Pilates	Studio B	Meg	15:00-16:00	Yoga - Hatha - Primetime	Studio B	Sabine	19:00-20:00	Yoga- Hatha	Studio A	Natasha
09:30-10:30	Body Attack	Studio E	Jo K	17:00-18:00	MTV Dance (11-18yrs)	Studio A	Mickey	19:00-20:00	Aero Combo	Studio E	Louise
09:45-10:30	Group Cycle	Studio C	Mickey	18:00-18:30	Beg.Kettlebells (bookable*)	Gym	Tasha	19:15-20:00	Group Cycle	Studio C	Britt
09:30-11:30	Pre/Post Natal Gym ☺	Gym	Lisa	18:00-18:45	Complete Conditioning ☺	Studio D/E	Mickey	20:00-21:00	Yoga- Hatha	Studio A	Natasha
10:30-11:30	Complete Conditioning ☺	Studio E	Sue A	18:30-19:30	Intermediate Pilates	Studio A	Debbie	20:00-20:50	Salsa Aerobics	Studio B	Becky
10:30-11:30	Body Balance ☺	Studio B	Jo K	18:40-19:30	AquaFit ☺	T/Pool	SueH/Kelly	20:05-21:05	Boxercise	Studio E	Trevor
11:35-12:25	AquaFit ☺	T/Pool	Angella	18:45-19:30	BodyAttack	Studio D/E	Michelle	20:00-20:30	Int.Kettlebells (bookable*)	Gym	Jon
12:00-13:00	Yoga-Sivananda	Studio B	Janine	18:45-19:30	Group Cycling	Studio C	Britt	20:30-21:00	Beg.Kettlebells (bookable*)	Gym	Jon
13:00-13:30	Beg.Kettlebells (bookable*)	Gym	Jamie	18:45-19:30	Zumba	Studio B	Mickey	Thursday			
17:45-18.30	Gliding	Studio E	Michelle	19:30-20:30	Yoga - Iyengar	Studio A	Roberta	06:45-07:30	Group Cycle	Studio C	Michelle
18:00-18:45	Group Cycle	Studio C	Keith	19:30-20:30	BodyPump ☺	Studio D/E	Michelle	09.30-10.30	Body Pump ☺	Studio E	Jo K
18:00-19:00	Zumba	Studio B	Federico	19:30-20:20	AquaFit ☺	T/Pool	SueH/Kelly	10:30-11:15	Group Cycle	Studio C	Michael
18:15-19:00	Beginner Pilates	Studio A	Maryrose	20:00-21:00	BodyCombat	Studio B	Jocet	12:30-13:00	BodyBalance ☺	Studio E	Jo K
18:30-19:00	Total Torso	Studio E	Michelle	20:30-21:00	Int.Kettlebells (bookable)	Gym	James	18:00-18:45	Beg.Kettlebells (bookable*)	Gym	James
19:00-20:00	Below the Belt	Studio B	Donna	20.30-21.30	Circuit Training	Studio A	Cheryl	18:35-19:25	Group Cycle	Studio C	Becky B
19:00-20:00	Attack/Pump Combo	Studio E	Michelle	20.30-21.30	Body Step	Studio E	Michelle	18:45-19:15	AquaFit ☺	T/Pool	Karen Y
20:00-20:45	Urban Funk	Studio E	Mickey ☺	Wednesday	09:30-10:30	Studio E	Jo K	18:45-19:15	Total Torso	Studio E	Louise
20:00-21:00	Body Balance ☺	Studio B	Maryrose	09:30-10:00	BodyAttack	Gym	Jamie	19:00-20:00	Body Combat	Studio B	Jocet
20:15-21:00	Group Cycle	Studio C	Michelle	09:35-10:25	Beg.Kettlebells (bookable*)	T/Pool	Angella	19:00-19:45	Group Cycle	Studio C	Keith
20:00-20:30	Beg.Kettlebells (bookable*)	Gym	James	10:30-11:30	AquaFit ☺	Studio B	Jane	19:00-20:00	Zumba	Studio A	Federico
20:30-21:00	Int.Kettlebells (bookable*)	Gym	James	10:30-11:30	Complete Conditioning ☺	Studio E	Karen	19:15-20:15	Body Step	Studio E	Cat
Tuesday				10:30-11:30	Line Dancing - BeginnerP	Studio E	Karen	19:35-20:25	AquaFit ☺	T/Pool	Donna
06:45-07:30	Group Cycle	Studio C	Britt	11:30-12:30	Line Dancing - AdvancedP	Studio E	Karen	20:00-21:00	Zumba	Studio A	Federico
09:30-10:30	Body Pump ☺	Studio E	Mickey	11:30-12:30	Pilates - Primetime	Studio B	Jane	20:15-21:15	BodyPump ☺	Studio D/E	Jocet
10:00-11:00	Complete Conditioning ☺	Studio B	Caroline	12.45-13.30	Group Cycle (not July/Aug)	Studio C	Jane	Changes for June/July in bold			
10:30-11:15	Group Cycle	Studio C	Mickey	17:45-18:15	TotalTorso	Studio E	Britt	Continued overleaf			
11:00-12:00	Pilates	Studio B	Caroline	18:00-19:00	Circuit Training	Studio A	Trevor				
12:00-13:00	Pregnancy Pilates on Ball	Studio A	Sara ☺	18:00-19:00	Pilates	Studio B	Meg				
12:30-13:00	Gym Circuit	Gym	Tasha	18:15-19:00	Body Step	Studio E	Britt				
13:55-14:55	KeepFit - Primetime	Studio D/E	Sandra	19:00-20:00	Complete Conditioning ☺	Studio B	Becky L				

Day	Class	Venue	Name
Friday			
09:15-10:15	Body Step	Studio E	Mickey
09:30-11:30	Pre/Post Natal Gym ☺	Gym	Lisa
09:30-10:15	Group Cycle	Studio C	Michael
09:35-10:25	AquaFit - Primetime	T/Pool	Zoe
09:30-10:30	KeepFit - Primetime	Studio B	Christine
10:30-11:30	Gliding Conditioning	Studio E	Christine
10:30-11:30	Zumba	Studio B	Mickey
11:30-12:30	Yoga-Sivananda	Studio B	Janine
12:00-13:00	Pole Dancing £15 drop in	Studio E	Tasha
13:00-13:30	Beg.Kettlebells (bookable*)	Gym	Tasha
18:00-19:00	BodyAttack	Studio E	Maryrose
18:30-19:15	Group Cycle	Studio C	Keith
19:00-20:00	Pilates	Studio A	Maryrose
Saturday			
09:30-10:15	Group Cycle	Studio C	Michelle M
09:30-10:30	BodyAttack	Studio D/E	Michelle
09:30-11:00	Yoga - Hatha	Studio A	Natasha
11:00-12:00	Pregnancy Yoga ☺	Studio A	Natasha
10:30-11:30	BodyBalance ☺	Studio D/E	Michelle
11:30-12:30	Complete Conditioning ☺	Studio D/E	Michelle
12:00-13:00	Parent & Baby Yoga ☺	Studio A	Natasha
16.30-17.30	Pole Dancing £15 drop in	Studio E	Cheryl
Sunday			
09:00-10:00	Body Attack	Studio D/E	MaryR/Mich
09.30-10.30	Mixed Ability Pilates	Studio A	Debbie
10:00-10:45	Group Cycle	Studio C	Keith
10:00-11:00	Body Pump ☺	Studio D/E	Sue H
11:00-12:00	Body Step	Studio E	Sue H
11.00-11.45	Group Cycle	Studio C	Keith
12.00-12.30	Beg. Kettlebells (bookable)	Gym	Jamie
12:30-13:00	Int. Kettlebells (bookable)	Gym	Jamie
13:00-14:00	Pole Dancing £15 drop in	Studio E	Tasha
17:00-18:00	BodyPump	Studio E	Les
18.00-19.00	BodyBalance ☺	Studio B	Mary R
18:00-19:00	BodyCombat	Studio E	Jackie/SueA
18:05-18:55	AquaFit ☺	T/Pool	Donna

Pole Dancing - We are now offering drop in sessions for a price of £15 - just turn up on a Saturday at 4.30pm

Kettlebells - When used correctly are a wonderful conditioning tool. They can be used for cardiovascular conditioning, fat loss, strength gain, stamina, tone and endurance especially the legs, buttocks and lower back.

Sessions are bookable for a charge of £4.00 for 30 mins

Zumba - The latest dance craze, a combination of latino style dance moves incorporating salsa, merengue, flamenco to motivating upbeat music. Come and join the party!!

Primetime- These classes are included in the Primetime multi-session ticket price

Pre/Post Natal - We are delighted to announce the launch of our new Me & My Baby Programme of group exercise classes and gym sessions led by specially trained staff. We will require a PARQ to be filled out so we can monitor progress as the weeks develop. Post natal classes we allow babies in their car seats.

☺ = **Pregnancy friendly class**

Changes for June/July in Bold