exercise class programme Prince Regent Swimming Complex

Accurate as of 01/05/2024

Times for Thursday 18 April				<u>\$</u>
Time	Session	Facility	Level	
9:30 am - 10:30 am	Yogalates	studio		
9:40 am - 10:25 am	Deep Water	flexi pool		
12:15 pm - 12:45 pm	НІІТ	studio		
12:40 pm - 1:25 pm	Shallow Workout	flexi pool		
6:05 pm - 6:50 pm	Aqua Deep	flexi pool		
6:30 pm - 7:30 pm	Yoga	studio		