

exercise class programme

Prince Regent Swimming Complex

Accurate as of 19/04/2024

Times for Thursday 18 April



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	HIIT	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	