

exercise class programme

Prince Regent Swimming Complex

Accurate as of 02/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Level
9:30 am - 10:30 am	Yogalates	studio	
9:40 am - 10:25 am	Deep Water	flexi pool	
12:40 pm - 1:25 pm	Aqua Flow	flexi pool	
5:30 pm - 6:30 pm	Dance Fit	studio	
6:05 pm - 6:50 pm	Shallow Workout	flexi pool	