

# exercise class programme

## Prince Regent Swimming Complex

Accurate as of 21/10/2024

### Times for Monday 21 October



Time	Session	Facility	Level
9:40 am - 10:25 am	Shallow Workout	flexi pool	
10:00 am - 11:00 am	Dance Fit	studio	
10:30 am - 11:30 am	Pre / Post Natal Aqua	flexi pool	
12:40 pm - 1:25 pm	Aqua Deep	flexi pool	
6:05 pm - 6:50 pm	Shallow Workout	flexi pool	
6:30 pm - 7:30 pm	Yoga	studio	