

# exercise class programme

## Prince Regent Swimming Complex

Accurate as of 21/10/2024

### Times for Wednesday 23 October



Time	Session	Facility	Level
9:40 am - 10:25 am	Shallow Workout	flexi pool	
11:15 am - 12:15 pm	Chair Fitness	studio	
12:40 pm - 1:25 pm	Shallow Workout	flexi pool	
6:05 pm - 6:50 pm	Deep Water	flexi pool	
6:30 pm - 7:30 pm	Power Yoga	studio	