

exercise class programme

Prince Regent Swimming Complex

Accurate as of 21/10/2024

Times for Friday 25 October



| Time | Session | Facility | Level |
|---------------------|-----------------|------------|-------|
| 9:00 am - 10:00 am | Yoga | studio | |
| 9:40 am - 10:25 am | Shallow Workout | flexi pool | |
| 10:30 am - 11:30 am | Chair Yoga | studio | |
| 12:40 pm - 1:25 pm | Deep Water | flexi pool | |