

# exercise class programme

## Prince Regent Swimming Complex

Accurate as of 28/10/2024

### Times for Friday 1 November



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	