

studio programme

Prince Regent Swimming Complex

Accurate as of 19/05/2024

Times for Tuesday 23 April



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