studio programme Prince Regent Swimming Complex

Accurate as of 05/05/2024

Times for Thursday 25 April			(
Time	Session	Level	
9:30 am - 10:30 am	Yogalates		
9:40 am - 10:25 am	Deep Water		
12:15 pm - 12:45 pm	HIIT		
12:40 pm - 1:25 pm	Shallow Workout		
6:05 pm - 6:50 pm	Aqua Deep		
6:30 pm - 7:30 pm	Yoga		