## **studio programme Prince Regent Swimming Complex**

Accurate as of 18/05/2024

Times for Friday 26 April			<b>©</b>
Time	Session	Level	
9:00 am - 10:00 am	Yoga		
9:40 am - 10:25 am	Shallow Workout		
10:30 am - 11:30 am	Chair Yoga		
12:40 pm - 1:25 pm	Deep Water		