

# studio programme

## Prince Regent Swimming Complex

Accurate as of 18/05/2024

Times for Monday 29 April			
Time	Session	Level	
9:40 am - 10:25 am	Shallow Workout		
10:30 am - 11:30 am	Pre / Post Natal Aqua		
12:40 pm - 1:25 pm	Aqua Deep		
6:05 pm - 6:50 pm	Shallow Workout		
6:30 pm - 7:30 pm	Yoga		