


studio programme

Prince Regent Swimming Complex

Accurate as of 18/05/2024

Times for Tuesday 30 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		