studio programme Prince Regent Swimming Complex

Accurate as of 18/05/2024

Times for Wednesday 1 May			©
Time	Session	Level	
9:40 am - 10:25 am	Shallow Workout		
12:40 pm - 1:25 pm	Shallow Workout		
6:05 pm - 6:50 pm	Deep Water		
6:30 pm - 7:30 pm	Power Yoga		