

# studio programme

## Prince Regent Swimming Complex

Accurate as of 19/05/2024

### Times for Friday 3 May



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	