exercise class programme

Prince Regent Swimming Complex

Accurate as of 01/11/2026

Times for Monday 2 November

Time	Session	Facility	Level
9:40 am - 10:25 am	Shallow Workout	Flexi pool	
10:00 am - 11:00 am	Dance Fit	studio	
10:30 am - 11:30 am	Pre / Post Natal Aqua	Flexi pool	
12:40 pm - 1:25 pm	Aqua Deep	Main pool (25M)	
1:45 pm - 2:30 pm	Swim Fit Circuit	Flexi pool	
5:30 pm - 6:15 pm	HIIT	studio	
6:00 pm - 6:40 pm	Swim Tech	Main pool (25M)	
6:10 pm - 6:50 pm	Shallow Workout	Flexi pool	
6:30 pm - 7:30 pm	Yogalates	studio	