exercise class programme

Prince Regent Swimming Complex

Accurate as of 24/11/2026

Times for Wednesday 25 November

Time	Session	Facility	Level
9:40 am - 10:25 am	Shallow Workout	Flexi pool	
11:15 am - 12:15 pm	Chair Fitness	studio	
12:40 pm - 1:25 pm	Shallow Workout	Flexi pool	
3:00 pm - 3:40 pm	Swimfit	Main pool (25M)	
6:05 pm - 6:50 pm	Belted Aqua 1.2m	Flexi pool	
6:30 pm - 7:30 pm	Power Yoga	studio	