exercise class programme

Prince Regent Swimming Complex

Accurate as of 24/11/2026

Times for Friday 27 November

Time	Session	Facility	Level
9:00 am - 10:00 am	Yoga	studio	
9:40 am - 10:25 am	Shallow Workout	Flexi pool	
10:45 am - 11:45 am	Chair Yoga	studio	
12:00 pm - 1:00 pm	Beginners Circuits	studio	
12:40 pm - 1:25 pm	Aqua Deep	Main pool (25M)	
3:30 pm - 4:10 pm	Swimfit	Main pool (25M)	
5:00 pm - 6:00 pm	Circuits	studio	