

# studio programme

## Prince Regent Swimming Complex

Accurate as of 27/04/2026

### Times for Wednesday 22 April



Time	Session	Level
9:40 am - 10:25 am	Shallow Workout	
11:15 am - 12:15 pm	Chair Fitness	
12:40 pm - 1:25 pm	Shallow Workout	
3:00 pm - 3:40 pm	Swimfit	
6:00 pm - 6:45 pm	Deep Water	
6:30 pm - 7:30 pm	Power Yoga	