

studio programme

Prince Regent Swimming Complex

Accurate as of 27/05/2026

Times for Monday 25 May



Time	Session	Level
9:40 am - 10:25 am	Shallow Workout	
10:00 am - 11:00 am	Dance Fit	
12:40 pm - 1:25 pm	Aqua Deep	
1:45 pm - 2:30 pm	Swim Fit Circuit	
5:00 pm - 5:45 pm	HIIT	