

studio programme

Prince Regent Swimming Complex

Accurate as of 26/07/2026

Times for Monday 27 July			
Time	Session	Level	
9:40 am - 10:25 am	Shallow Workout		
10:00 am - 11:00 am	Dance Fit		
10:30 am - 11:30 am	Pre / Post Natal Aqua		
12:40 pm - 1:25 pm	Aqua Deep		
1:45 pm - 2:30 pm	Swim Fit Circuit		
5:30 pm - 6:15 pm	HIIT		
6:00 pm - 6:40 pm	Swim Tech		
6:05 pm - 6:50 pm	Shallow Workout		
6:30 pm - 7:30 pm	Yogalates		