

studio programme

Prince Regent Swimming Complex

Accurate as of 26/07/2026

Times for Thursday 30 July			
Time	Session	Level	
9:30 am - 10:30 am	Yogalates		
9:40 am - 10:25 am	Belted Aqua 1.2m		
10:45 am - 11:45 am	Barre Fitness		
12:15 pm - 1:00 pm	HIIT		
12:40 pm - 1:25 pm	Aqua Flow		
3:00 pm - 3:40 pm	Swimfit		
6:00 pm - 6:40 pm	Swim Tech		
6:05 pm - 6:50 pm	Aqua Circuits		
6:30 pm - 7:30 pm	Yoga		