

studio programme

Prince Regent Swimming Complex

Accurate as of 24/09/2026

Times for Tuesday 29 September			
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	Chair Yoga		
12:15 pm - 1:00 pm	HIIT		
12:40 pm - 1:25 pm	Aqua Flow		
2:30 pm - 3:30 pm	Yoga Gentle		
3:45 pm - 4:45 pm	Chair Fitness		
6:00 pm - 6:40 pm	Swim Tech		
6:00 pm - 7:00 pm	Dance Fit		
6:10 pm - 6:50 pm	Shallow Workout		
7:00 pm - 8:00 pm	Yoga		