studio programme

Prince Regent Swimming Complex

Accurate as of 23/11/2026

Times for Monday 23 November

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	
6:10 pm - 6:50 pm	Shallow Workout	
6:30 pm - 7:30 pm	Yogalates	