studio programme

Prince Regent Swimming Complex

Accurate as of 23/11/2026

Times for Tuesday 24 November

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	Yin Yoga	
6:10 pm - 6:50 pm	Shallow Workout	
7:00 pm - 8:00 pm	Yoga	