







Timetable 2018

MONDAY – FRIDAY
7am – 10pm
WEEKENDS + B.H
8am – 8pm








Tel: 091 794400 – Ext 2
Email: leisure@oranmorelodge.ie
Web: www.oranmorelodge.ie



POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua * 10.30am				Aqua* 10.30am	 Turtle tots 9 – 10 am	
Kids Lessons* 4pm Beginner 4.45pm Improvers 5.30pm Advanced	Adult Swim * Lessons 7.15-8 Beginners 8-8.45 Improvers	Aqua 8.15-9pm	Kids Lessons * 4pm Beginner 4.45pm Improvers 5.30pm Advanced	 Turtle tots 11.30 – 12.30	Kids Lessons * 11.30am Beginner 12.15pm Improvers 1.00pm Advanced	Kids Lessons * 12pm Beginner 12.45pm Improvers 1.30pm Advanced

GYM CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin and Tone (45min) 9.15am		 Baby Sensory Lisa <u>9am -3.30 pm</u>	 Best Start Club Iris 10-1pm			
Pilates* 10.15am Alan		6.30 Kettlebells				
Lodge Spin 7.15pm	Pilates* 7.15pm Charlotte	7.15pm Spin	Lodge Spin & K.Bell 7-8pm	Pilates* 7pm		
Kettle Bell Pump 8pm	Yoga* 8.30pm		 ZUMBA 8pm*			

Pilates needs to be booked with Alan – 087 9912189

Turtle Tots Needs to be booked with Alan 083 1306420

Yoga & Pilates needs to be booked with Charlotte – 086 2573998

Baby Sensory needs to be booked with Lisa -087 7691934

Best start club needs to be booked with Iris 086 92226083

Fitness Classes need at least 3/4 people to go ahead. (Aqua aerobics max 25)

