

Timetable 2020

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

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**Oranmore Lodge
Leisure Centre**
Galway

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua * 10.30am				Aqua* 10.30am	 turtle tots	
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 * Turtle tots 11.30 – 1.00pm	*Turtle tots 9 – 11am 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
 Baby Sensory Lisa 9am -3.00 pm		 Baby Sensory Lisa 9am -3.00 pm	 Best Start club Iris 10am-3pm	 Best Start club Iris 10.30am – 12.30pm		
	Pilates* 10am Alan	6.30 Kettlebells				
Lodge Spin 7.15pm	Pilates* 7.15pm <i>Charlotte</i>	7.15pm Spin	Lodge Spin & K.Bell 7-8pm	Pilates* 7pm		
Kettle Bell Pump 8pm	Yoga* 8.30pm					

Pilates needs to be booked with Alan – 087 9912189

Turtle Tots Needs to be booked with Office Staff 085 8759790 or 085 8019622

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 086 222 6083

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

