

Timetable 2022

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

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Oranmore Lodge Hotel
LEISURE CLUB

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua * 10-10.45am	 turtle tots 10 - 11am			Aqua* 10.00am -10.45am	 turtle tots *Turtle tots 9 - 11am	
Kids Lessons* 4pm Beginner 4.45pm Improvers 5.30pm Advanced	Adult Swim *Lessons 7.00-7.45pm Beg. 7.45-8.30pm Imp.	Aqua 8.00pm-8.45pm*	Kids Lessons* 4pm Beginner 4.45pm Improvers 5.30pm Advanced	 turtle tots * Turtle tots 11am-12.30pm	Kids Lessons * 11.30-12.15pm Beg. 12.15-1.00pm Imp. 1.00-1.45pm Adv.	Kids Lessons * 12-12.45pm Beg 12.45-1.30pm Imp 1.30-2.15pm Adv.

FITNESS STUDIO - SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 Baby Sensory Precious Early Learning for Babies Baby Sensory Lisa 9am -3.00 pm	 Baby Sensory Precious Early Learning for Babies Baby Sensory Lisa 9am -3.00 pm				
Alan Pilates 10.am-11.am	↓					
Spinning 7.15-7.45pm	Pilates Starting in February 22	KettleBells 6.30pm-7.00 pm	Spin 7.15pm- 7.45pm	Alan Pilates 7-8pm		
Kettlebells 8pm-8.30pm	Yoga Starting in February 22	Spin 7.15pm- 7.45pm	Kettlebells 8pm-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

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

