



Timetable 2022

MONDAY – FRIDAY 7am – 10pm WEEKENDS & BANK HOLIDAYS 8am – 8pm
Tel: 091 794400 – Ext 2 Email: leisure@oranmorelodge.ie

Pilates needs to be booked with **Alan – 087 9912189** ■

Turtle Tots Needs to be booked with Office Staff **0858759790 or 0858019622** ■

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)



Pool:

Morning / Afternoon

Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning / Afternoon	Aqua* 10.30am	Kids Lessons* 4pm Beginner 4.45pm Improvers 5.30pm Advanced		Kids Lessons* 4pm Beginner 4.45pm Improvers 5.30pm Advanced	Aqua* 10.00am Turtle Tots* ■ 11.30-12.30pm	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
Evening		Adults Swim Lessons* 7.15-8pm Beginner 8-8.45pm Improvers	Aqua* 8pm				



Gym Classes:

Morning / Afternoon

Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning / Afternoon	Pilates* ■ 10am	Baby Sensory ■ 9-3pm	Baby Sensory ■ 9-3pm Boot Camp 6.30pm				
Evening	Lodge Spin 7.15pm Kettle Bell Pump 8pm	Circuit Training 6.30pm	Spin 7.15pm	Lodge Spin 7.15pm Kettle Bell Pump 8pm	Pilates* ■ 7pm		