



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

Turtle Tots Needs to be booked on [www.turtletots.ie](http://www.turtletots.ie) ■

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:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning / Afternoon	<b>Aqua*</b> 10.30am	<b>Kids Lessons*</b> 4pm Beginner 4.45pm Improvers 5.30pm Advanced		<b>Kids Lessons*</b> 4pm Beginner 4.45pm Improvers 5.30pm Advanced	<b>Aqua*</b> 10.00am  <b>Turtle Tots*</b> 11.30-12.30pm ■	<b>Turtle Tots*</b> ■ 9-11am  <b>Kids Lessons*</b> 11.30am Beginner 12.15pm Improvers 1.30pm Advanced	<b>Kids Lessons*</b> 12pm Beginner 12.45pm Improvers 1.30pm Advanced
Evening		<b>Adult Swim Lessons*</b> 7.15-8pm Beginner 8-8.45 Improvers	<b>Aqua*</b> 8pm				



## Gym Classes:

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