



Oranmore Lodge Hotel
LEISURE CLUB

Timetable 2023

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**

Tuesdays Pilates needs to be booked with michelle via whatsapp on **086 1045469**

Turtle Tots Needs to be booked on **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:

Morning / Afternoon

Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning / Afternoon	Aqua* 10.30am	Kids Lessons* 4.15pm Beginner 5.00pm Improvers 5.45pm Advanced		Kids Lessons* 4.15pm Beginner 5.00pm Improvers 5.45pm Advanced	Aqua* 10.00am Turtle Tots* 11.00am-12.30pm	Turtle Tots* 9-11am Kids Lessons* 11.30am Beginner 12.15pm Improvers 1.30pm Advanced	Kids Lessons* 12pm Beginner 12.45pm Improvers 1.30pm Advanced
Evening		Adult Swim Lessons* 7.15-8pm Beginner 8-8.45 Improvers	Aqua* 8pm				



Gym Classes:

Morning / Afternoon

Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning / Afternoon	Pilates* 10am Alan	Baby Sensory 9-3pm	Baby Sensory Lisa 9-3pm				
Evening	Lodge Spin 7.15pm Body Pump 8pm		Circuits 6.30pm Spin 7.15pm	Pilates* 6.30pm Alan Lodge Spin/Pump 7.30-8.15pm			