

Timetable 2024

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 bookedon www.turtletots.ie

Baby Sensory needs to be booked with Lisa -087 7691934

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

Pool:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday **Kids Lessons*** Kids Lessons* **Turtle Tots*** Aqua* Aqua* **Kids Lessons*** 4.15pm Beginner 10.30am 4.15pm Beginner 10.00am 9-11am 11.30am Beginner 5.00pm Improvers 5.00pm Improvers 12.15pm Improvers 5.45pm Advanced 5.45pm Advanced **Kids Lessons*** 1-1.45 Advanced **Turtle Tots*** 11.30am Beginner 11.00am-12.30pm 12.15pm Improvers 1-1.45 Advanced **Adult Swim** Aqua* Lessons* 8pm 7.15-8pm Beginner 8-8.45 Improvers



Morning / Afternoon

Evening

Gym Classes:

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Morning / Afternoon	Pilates* 10am Alan	Baby Sensory 9am-3pm ■	Baby Sensory Lisa 9am-3pm ■				
	Lodge Spin 7.15pm		Circuits 6.30pm	Pilates* 6.30pm Alan ■			
Evening	Body Pump 8pm		Spin 7.15pm	Lodge Spin/Pump 7.30-8.15pm			