

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 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> 4.15pm Beginner 5.00pm Improvers 5.45pm Advanced		<b>Kids Lessons*</b> 4.15pm Beginner 5.00pm Improvers 5.45pm Advanced	<b>Aqua*</b> 10.00am	<b>Turtle Tots*</b> 9-11am ■	<b>Kids Lessons*</b> 11.30am Beginner 12.15pm Improvers 1-1.45 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 Alan ■	<b>Baby Sensory</b> 9am-3pm ■	<b>Baby Sensory Lisa</b> 9am-3pm ■				
Evening	<b>Lodge Spin</b> 7.15pm  <b>Body Pump</b> 8pm		<b>Circuits</b> 6.30pm  <b>Spin</b> 7.15pm	<b>Pilates*</b> 6.30pm Alan ■  <b>Lodge Spin/Pump</b> 7.30-8.15pm			