

Timetable 2020

MONDAY – FRIDAY

7am – 10pm

WEEKENDS + B.H

8am – 8pm

Tel: 091 794400 – Ext 2

Email: leisure@oranmorelodge.ie

Web: www.oranmorelodge.ie

Oranmore Lodge
Leisure Centre
Galway

POOL SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|--|---|
| Aqua * 10.30am |  |  |  | Aqua* 10.30am |  turtle tots |  |
| Kids Lessons* 4pm Beginner 4.45pm Improvers 5.30pm Advanced | Adult Swim * Lessons 7.15-8 Beginners 8-8.45 Improvers | Aqua 8.15-9pm* | Kids Lessons * 4pm Beginner 4.45pm Improvers 5.30pm Advanced |  turtle tots * Turtle tots 11.30 – 12.30 | *Turtle tots 9 – 11 am Kids Lessons * 11.30am Beginner 12.15pm Improvers 1.00pm Advanced | Kids Lessons * 12pm Beginner 12.45pm Improvers 1.30pm Advanced |

GYM CLASS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|---|---|
|  Baby Sensory Lisa 9am -3.00 pm |  |  Baby Sensory Lisa 9am -3.00 pm |  Best Start club Iris 10am-3pm |  Best Start club Iris 10.30am – 12.30pm |  |  |
| | Pilates* 10am Alan | 6.30 Kettlebells | | | | |
| Lodge Spin 7.15pm | Pilates* 7.15pm Charlotte | 7.15pm Spin | Lodge Spin & K.Bell 7-8pm | Pilates* 7pm | | |
| Kettle Bell Pump 8pm | Yoga* 8.30pm | | | | | |

Pilates needs to be booked with Alan – 087 9912189

Turtle Tots Needs to be booked with Office Staff 085 8759790 or 085 8019622

Yoga & Pilates needs to be booked with Charlotte – 086 2573998

Baby Sensory needs to be booked with Lisa -087 7691934

Best start club needs to be booked with Iris 086 222 6083

Fitness Classes need at least 3/4 people to go ahead. (Aqua aerobics max 25)

