








# September Timetable 2019

MONDAY – FRIDAY  
7am – 10pm  
WEEKENDS + B.H  
8am – 8pm

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## POOL SCHEDULE

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

## GYM CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spin and Tone (45min)</b> 9.15am 		 <b>Baby Sensory Lisa</b> <b>9am -3.30 pm</b>	 <b>Best Start Club Iris</b> 10am-1pm			
<b>Pilates*</b> 10.15am Alan		<b>6.30 Kettlebells</b>				
<b>Lodge Spin</b> 7.15pm	<b>Pilates*</b> 7.15pm Charlotte	<b>7.15pm Spin</b>	<b>Lodge Spin &amp; K.Bell</b> 7-8pm	<b>Pilates*</b> 7pm		
<b>Kettle Bell Pump</b> 8pm	<b>Yoga*</b> 8.30pm					

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

**Turtle Tots Needs to be booked with Alan 083 1306420**

**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 92226083**

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

