| | | 5.45am | 7.30am | 10.00am | 11.00am | 12.00pm | 1.00pm | 2.00pm | 3.00pm | 4.00pm | 5.00pm | 6.00pm | 7.00pm | 8.00pm | 9.00pm |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Tuesday | 1st | CLOSED | PUBLIC | LESSONS 2 | LESSONS 2 | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | Mallow Tri |
| Wednesday | 2nd | CLOSED | PUBLIC | LESSONS 3 | LESSONS 3 | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Thursday | 3rd | CLOSED | PUBLIC | LESSONS 4 | LESSONS 4 | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | Mallow Tri |
| Friday | 4th | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Saturday | 5th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Sunday | 6th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Monday | 7th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Tuesday | 8th | CLOSED | PUBLIC | SWIM iRELAND | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Wednesday | 9th | CLOSED | PUBLIC | SWIM iRELAND | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Thursday | 10th | CLOSED | PUBLIC | SWIM iRELAND | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Friday | 11th | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Saturday | 12th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Sunday | 13th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Monday | 14th | CLOSED | PUBLIC | LESSONS 1 | LESSONS 1 | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Tuesday | 15th | CLOSED | PUBLIC | LESSONS 2 | LESSONS 2 | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Wednesday | 16th | CLOSED | PUBLIC | LESSONS 3 | LESSONS 3 | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Thursday | 17th | CLOSED | PUBLIC | LESSONS 4 | LESSONS 4 | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Friday | 18th | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Saturday | 19th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Sunday | 20th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Monday | 21st | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | Child Fitness | PUBLIC | PUBLIC | CLOSED |
| Tuesday | 22nd | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | Child Fitness | PUBLIC | PUBLIC | CLOSED |
| Wednesday | 23rd | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | Child Fitness | PUBLIC | PUBLIC | CLOSED |
| Thursday | 24th | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | Child Fitness | PUBLIC | PUBLIC | CLOSED |
| Friday | 25th | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Saturday | 26th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Sunday | 27th | CLOSED | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED | | | | |
| Monday | 28th | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Tuesday | 29th | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Wednesday | 30th | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |
| Thursday | 31st | CLOSED | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | PUBLIC | CLOSED |