



ACTIVE ENNIS LEISURE COMPLEX - CLASSES & COURSES SCHEDULE - AUTUMN / WINTER 24/25



Classes **WITH** smiley faces means **no need to pre-book**. Just come along!

Classes **WITHOUT** smiley faces **require prior booking**.

www.activeennis.ie

065 6821604

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
10 - 11 am BODY BLAST €7, €3 mem., €5 senior	10 - 10.45 am AQUA AEROBICS €7.50, €4 mem., €6 senior	10 - 11 am BODY BLAST €7, €3 mem., €5 senior	9 - 10 am TAI CHI €8, €6 mem.	10 - 11 am BODY BLAST €7, €3 mem., €5 senior	8 - 11 am UNISLIM Olga 087 252 6239															
1.15 - 1.45 pm Lunch Crunch Cost €5	6.30 -7.30 pm PILATES/WEIGHTS 4 weeks. Karriann 086 2639454	1.15 - 1.45 pm Lunch Crunch Cost €5	5 - 6 pm KIDS ART CLASS Sophie Gavin 086 3913073	10 - 10.45 am AQUA AEROBICS €7.50, €4 mem., €6 senior	9 - 10 am BODY BLAST €7, €3 mem., €5 senior															
6 - 7 pm ZERO TO HERO Karriann 086 2639454	8 pm - 9 pm FITT TRAINING 089 2011805	4.30 - 5.30 pm YOGA Marie 087 6228325	6.30 - 7.30 pm STEP AEROBICS Karriann 086 2639454	1.15 - 1.45 pm Lunch Crunch Cost €5	10.15 - 11.15 am FITT TRAINING 089 2011805															
7 - 9:30 pm YOGA Antoinette 086 3100827	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>NO HAT - NO SWIM</p> <p>Appropriate swimwear <u>must</u> be worn in Health Suites.</p> </div>	6.30 pm - 7.45 pm PILATES Karriann 086 2639454	8 - 9 pm FITT TRAINING 089 2011805	6 - 8 pm DANCE FITNESS dancefitnessireland.ie	8 - 8.45 pm SHANNON SHARKS Under Water Hockey uw@gmail.com															
8.45 - 9.30 pm AQUA AEROBICS €7.50, €4 mem., €6 senior		BEGINNERS PILATES COMING SOON	<div style="background-color: #003366; color: white; padding: 5px; text-align: center;"> BOOK STUDIO TIME Contact Jamie 065 6821604 </div>	<div style="background-color: #d9e1f2; padding: 10px;"> <p>OPENING HOURS</p> <table border="0"> <tr> <td>Monday</td> <td>7am - 9.45pm</td> </tr> <tr> <td>Tuesday</td> <td>7am - 9.45pm</td> </tr> <tr> <td>Wednesday</td> <td>6.30am - 9.45pm</td> </tr> <tr> <td>Thursday</td> <td>7am - 9.45pm</td> </tr> <tr> <td>Friday</td> <td>6.30am - 9.45pm</td> </tr> <tr> <td>Saturday</td> <td>8am - 8.45pm</td> </tr> <tr> <td>Sunday</td> <td>10am - 5.45pm</td> </tr> <tr> <td>Bk Hols</td> <td>8am - 3.45pm</td> </tr> </table> </div>	Monday	7am - 9.45pm	Tuesday	7am - 9.45pm	Wednesday	6.30am - 9.45pm	Thursday	7am - 9.45pm	Friday	6.30am - 9.45pm	Saturday	8am - 8.45pm	Sunday	10am - 5.45pm	Bk Hols	8am - 3.45pm
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<div style="background-color: #003366; color: white; padding: 5px;"> €1 COIN is needed for Lockers. Please do NOT leave your belongings in the Changing Rooms, DURING Swim Lessons. </div>																				
<div style="background-color: #003366; color: white; padding: 5px; text-align: center;"> LAST ENTRY TO FACILITIES IS 45 min. BEFORE CLOSING TIME </div>																				

TEEN GYM 12 - 15 years €6 per hour Mon/Wed/Fri: 4 - 5 pm, Sat 5 - 6 pm. School Hols: Mon - Fri 11am - 12pm or 12pm - 1pm

MORNING

AFTERNOON

EVENING

MO	Public Swim* 8 am - 12.45 pm	Adult only Swim 12.45 pm - 2 pm	Public Swim* 2 pm - 4.45 pm Kid's Swim Lessons 3.45 pm - 4.45 pm	Private Booking 4.45 pm - 6 pm	Public Swim* 6 pm - 7.55 pm (6 - 7 pm 3 lanes booked)	Adult only Swim 7.55 pm - 8.45 pm	AQUA FIT 8.45 - 9.30 pm WIDTH SWIM Adult only 8.45 pm - 9.45 pm
TU	Public Swim* 8 am - 12.45 pm AQUA FIT 10 - 10.45 am (Shallow End)	Adult only Swim 12.45 pm - 2 pm	Public Swim* 2 pm - 4.45 pm Kid's Swim Lessons 3.45 pm - 4.45 pm (N.B Kiddie Pool Closed)	Private Booking 4.45 pm - 6 pm	Public Swim* 6 pm - 7.55 pm	Adult only Swim 7.55 pm - 8.45 pm	MASTERS 8.45 pm - 9.45 pm Private Booking
WE	Public Swim* 8 am - 12.45 pm	Adult only Swim 12.45 pm - 2 pm	Public Swim* 2 pm - 3.45 pm Kid's Swim Lessons 3.45 pm - 4.45 pm	Private Booking 3.45 pm - 6 pm	Public Swim* 6 pm - 7.55 pm	WIDTH SWIM Adult only 8 pm - 8.45 pm	AQUA FIT 8.45 - 9.30 pm WIDTH SWIM Adult only 8.45 pm - 9.45 pm
TH	Public Swim* 8 am - 12.45 pm	Adult only Swim 12.45 pm - 2 pm	Public Swim* 2 pm - 3.45 pm Kid's Swim Lessons 3.45 pm - 4.45 pm (N.B Kiddie Pool Closed)	Private Booking 3.45 pm - 6 pm	Public Swim* 6 pm - 7.55 pm	Adult only Swim 7.55 pm - 8.45 pm	ADULT SWIMMING LESSONS 8.45 pm - 9.45 pm Private Booking
FR	Public Swim* 8 am - 12.45 pm AQUA FIT 10 - 10.45 am (Shallow End)	Adult only Swim 12.45 pm - 2 pm	Public Swim* 2 pm - 3.45 pm Kid's Swim Lessons 3.45 pm - 4.45 pm (Both Pools Closed 3.45 pm - 7 pm)	POOL CLOSED 3.45 pm - 7 pm	Public Swim* 7 pm - 8.45 pm (Children to be accompanied by an adult <u>in the water</u>)	MASTERS 8.45 pm - 9.45 pm Private Booking	
SA	Public Swim* 2 - 7.45 pm <u>Very restricted Swimming at certain times</u>						SUB AQUA 6 pm - 8 pm (4 lanes) Adult only Swim 8 pm - 8.45 pm
SU	Public Swim* 12 pm - 4.45 pm	<p>* Restrictions may apply to public times</p> <ul style="list-style-type: none"> Swimming caps are compulsory. Waterproof swim nappies must be worn by toddlers. Under 8s must be accompanied by an adult in the water at all times. Children may only stay in the pool until 7.55 pm with the exception of Fridays when they can stay until 8:45 pm when accompanied by an adult <u>in the water</u>. Maximum stay is 2 hours per person. Must be able to swim 2 lengths of pool and tread water before entering the deep end of the pool. Last entry is 45 minutes before closing time. Please note that public lane for 'lane swimmers only' will only be available when the pool is not too busy. 					
BK HOL	Public Swim* 8 am - 3.45 pm						

