



# ACTIVE ENNIS LEISURE COMPLEX - CLASSES & COURSES SCHEDULE -

Summer 2025



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

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

Some classes may be taking a break for summer

www.activeennis.ie

065 6821604

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																
<div>☺ 10 - 11 am BODY BLAST €7, €3 mem., €5 senior</div>	<div>☺ 10 - 10.45 am AQUA AEROBICS €7.50, €4 mem., €6 senior</div>	<div>☺ 10 - 11 am BODY BLAST €7, €3 mem., €5 senior</div>	<div>☺ 9 - 10 am TAI CHI €8, €6 mem.</div>	<div>☺ 10 - 11 am BODY BLAST €7, €3 mem., €5 senior</div>	<div>8 - 11 am UNISLIM Olga 087 252 6239</div>																
<div>☺ 1.15 - 1.45 pm Lunch Crunch Cost €5</div>	<div>6.30 - 7.30pm Sculpt &amp; Shred Karrieann 0862639454</div>	<div>☺ 1.15 - 1.45 pm Lunch Crunch Cost €5</div>	<div>10.45am &amp; 2pm KIDS ART CLASS Sophie Gavin 086 3913073</div>	<div>☺ 10 - 10.45 am AQUA AEROBICS €7.50, €4 mem., €6 senior</div>	<div>☺ 9am - 9.45am BODY BLAST €7, €3 mem., €5 senior</div>																
<div>6 - 7 pm Step Aerobics Karrieann 086 2639454</div>	<div>8 pm - 9 pm BARBELL PUMP 089 2011805</div>	<div>4.30 - 5.30 pm YOGA Marie 087 6228325</div>	<div>Klass with Karrieann Coming soon 0862639454</div>	<div>☺ 1.15 - 1.45 pm Lunch Crunch Cost €5</div>	<div>10AM - 11AM BARBELL BLAST 089 2011805</div>																
<div>7 - 9:30 pm YOGA Antoinette 086 3100827</div>	<div>NO HAT - NO SWIM Appropriate swimwear <u>must</u> be worn in Health Suites.</div>	<div>6.30 pm - 7.45 pm PILATES Karrieann 086 2639454</div>	<div>8 - 9 pm CIRCUIT TRAINING 089 2011805</div>	<div>BOOK STUDIO TIME CALL JAMIE 0656821604</div>	<div>11am - 12pm PILATES Idoia 08769 77880</div>																
<div>☺ 8.45 - 9.30 pm AQUA AEROBICS €7.50, €4 mem., €6 senior</div>		<div>BOOK STUDIO TIME CALL JAMIE 0656821604</div>	<div>☺ 8.45 - 9.30 pm AQUA AEROBICS €7.50, €4 mem., €6 senior</div>	<div>BOOK STUDIO TIME Contact Jamie 065 6821604</div>	<div>OPENING HOURS</div> <table><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>		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
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<div>€1 COIN is needed for Lockers. Please do NOT leave your belongings in the Changing Rooms, DURING Swim Lessons.</div>			<div>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 7am - 12.45pm Swim lessons 11 - 12.15 <b>Kiddie pool closed</b>		Adult Only 12.45 - 2pm	Public swim 2pm - 7.50pm		Adult Only 7.55 - 9:45pm Aqua FIT 8.45-9.30pm (Shallow end)
TU	Public Swim 7am - 12.45pm Swim lessons 11 - 12.15 <b>Kiddie pool closed</b>	Aqua FIT 10-10.45am (Shallow end)	Adult Only 12.45 - 2pm	Public swim 2pm - 4.45pm	Private booking 4.45 - 6pm	Public swim 6pm - 7.50pm Adult Only 7.55 - 9:45pm
WE	Public Swim 7am - 12.45pm Swim lessons 11 - 12.15 <b>Kiddie pool closed</b>		Adult Only 12.45 - 2pm	Public swim 2pm - 7.50pm		Width swim (Adult only) 8 - 8.45pm Adult Only 8.45 - 9:45pm Aqua FIT 8.45-9.30pm (Shallow end)
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FR	Public Swim 7am - 12.45pm Swim lessons 11 - 12.15 <b>Kiddie pool closed</b>	Aqua FIT 10-10.45am (Shallow end)	Adult Only 12.45 - 2pm	Public swim 2pm - 4.45pm	Private booking 4.45 - 7pm	Public swim 7pm - 8.45pm Adult Only 8.45 - 9:45pm
SA	Public Swim* 10am - 7.55pm <b>very restricted Swimming at certain times</b>					Adult only Swim 8pm - 8.45pm
SU	Public Swim* 10am - 5.45pm		<div>* Restrictions may apply to public times</div> <ul style="list-style-type: none"> <li>Swimming caps are compulsory. Waterproof swim nappies must be worn by toddlers.</li> <li>Under 8s must be accompanied by an adult in the water at all times.</li> <li>Children may only stay in the pool until 7.50 pm with the exception of Fridays when they can stay until 8:45 pm when accompanied by an adult <u>in the water</u>.</li> <li>Maximum stay is 2 hours per person.</li> <li>Must be able to swim 2 lengths of pool and tread water before entering the deep end of the pool.</li> <li>Last entry is 45 minutes before closing time.</li> <li>Please note that public lane for 'lane swimmers only' will only be available when the pool is not too busy.</li> </ul>			
BK HOL	Public Swim* 8 am - 3.45 pm					