



ACTIVE ENNIS LEISURE COMPLEX - CLASSES & COURSES SCHEDULE -

Autumn 2025



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 - 7.30pm Sculpt & Shred Karrieann 0862639454	1.15 - 1.45 pm Lunch Crunch Cost €5	November KIDS ART CLASS Sophie Gavin 086 3913073	10 - 10.45 am AQUA AEROBICS €7.50, €4 mem., €6 senior	9am - 9.45am BODY BLAST €7, €3 mem., €5 senior
6 - 7 pm Step Aerobics Karrieann 086 2639454	8 pm - 9 pm BARBELL PUMP 089 2011805	4.30 - 5.30 pm YOGA Marie 087 6228325	6.30-7.30pm Sculpt & Shred Karrieann 0862639454	1.15 - 1.45 pm Lunch Crunch Cost €5	10 - 11AM Burn Beat 089 2011805
7 - 9:30 pm YOGA Antoinette 086 3100827	NO HAT - NO SWIM Appropriate swimwear <u>must</u> be worn in Health Suites.	6.30 pm - 7.45 pm PILATES Karrieann 086 2639454	8 - 9 pm CIRCUIT TRAINING 089 2011805	BOOK STUDIO TIME CALL JAMIE 0656821604	11am - 12pm PILATES Idoia 08769 77880
8.45 - 9.30 pm AQUA AEROBICS €7.50, €4 mem., €6 senior		8pm-9pm Beginner Pilates Karrieann 0862639454	BOOK STUDIO TIME Contact Jamie 065 6821604	OPENING HOURS Monday Tuesday Wednesday Thursday Friday Saturday Sunday Bk Hols 7am - 9.45pm 7am - 9.45pm 6.30am - 9.45pm 7am - 9.45pm 6.30am - 9.45pm 8am - 8.45pm 10am - 5.45pm 8am - 3.45pm	
€1 COIN is needed for Lockers. Please do NOT leave your belongings in the Changing Rooms, DURING Swim Lessons.		8.45 - 9.30 pm AQUA AEROBICS €7.50, €4 mem., €6 senior	LAST ENTRY TO FACILITIES IS 45 min. BEFORE CLOSING TIME		

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 Parent/toddler baby pool only	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 Parent/toddler baby pool only	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 Parent/toddler baby pool only	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 Parent/toddler baby pool only	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 Parent/toddler baby pool only	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	* Restrictions may apply to public times - 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 7.50 pm with the exception of Fridays when they can stay until 8:45 pm when accompanied by an adult <u>in the water</u>. - 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						

