

ACTIVE ENNIS LEISURE COMPLEX - CLASSES & COURSES SCHEDULE -

Winter 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 Follow Active Ennis



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
① 10 - 11 am BODY BLAST €7, €3 mem., €5 senior	① 10 - 10.45 am AQUA AEROBICS €7.50, €4 mem., €6 senior	① 10 - 11 am BODY BLAST €7, €3 mem., €5 senior	9 - 10 amTAI CHI€8, €6 mem.	① 10 - 11 am BODY BLAST €7, €3 mem., €5 senior	8 - 11 am UNISLIM Olga 087 252 6239
① 1.15 - 1.45 pm Lunch Crunch Cost €5	6.30 - 7.30pm Sculpt & Shred Karrieann 0862639454	① 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 	8.45am - 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 "Revive Your Fitness" Tae-Bo Karrieann 0862639454	① 1.15 - 1.45 pm Lunch Crunch Cost €5	10 - 11AM Burn Beat 089 2011805
7-8.15pm & 8.20-9.30pm YOGA Antoinette 086 3100827	NO HAT - NO SWIM Appropriate	6.30 - 7.45pm Pilates Karrieann 0862639454	8 - 9 pm CIRCUIT TRAINING 089 2011805	6 pm - 7 pm YOGA Grainne 0892708619	11am - 12pm PILATES Idoia 08769 77880
② 8.45 - 9.30 pm AQUA AEROBICS €7.50, €4 mem.,	swimwear <u>must</u> be worn in Health Suites.	BOOK STUDIO TIME CALL JAMIE 0656821604	BOOK STUDIO TIME Contact Jamie 065 6821604	Monday Tuesday Wedneso	7am - 9.45pm 7am - 9.45pm / 6.30am - 9.45pm
€6 senior €1 COIN is needed for Lo leave your belongings in t DURING Swim Lessons.	ockers. Please do NOT	② 8.45 - 9.30 pm AQUA AEROBICS €7.50, €4 mem., €6 senior	LAST ENTRY TO FACILITIES IS 45 min. BEFORE CLOSING TIME	Thursday Friday Saturday Sunday Bk Hols	7am - 9.45pm 6.30am - 9.45pm

MORNING	AFTERNOON	EVENING
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	MOTHMING		ALIENTOON						
МО	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	6 pm	ic Swim* - 7.55 pm lanes booked)		only Swim n - 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
тн	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 (3 lanes) 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 (Children to		Public Swim* 7 pm - 8.45 pm be accompanied by an adult in the water)		MASTERS 8.45 pm - 9.45 pm Private Booking	
SA	SUB AQUA 6 pm - 8 pm (4 lanes) Public Swim* 2 - 7.45 pm Very restricted Swimming at certain times 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						
BK HOL	Fubile Swilli		8:45 pm when accompanied by an adult in the water. • 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 1-3 lanes available during Public/Adult swim times. May vary with lessons/width swimming						