



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

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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 Karriann 0862639454	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 Karriann 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 Karriann 0862639454	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 swimwear <u>must</u> be worn in Health Suites.	6.30 - 7.45pm Pilates Karriann 0862639454	8 - 9 pm CIRCUIT TRAINING 089 2011805	6 pm - 7 pm YOGA Grainne 0892708619	11am - 12pm PILATES Idoia 08769 77880																
8.45 - 9.30 pm AQUA AEROBICS €7.50, €4 mem., €6 senior		BOOK STUDIO TIME CALL JAMIE 0656821604	BOOK STUDIO TIME Contact Jamie 065 6821604	OPENING HOURS <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	8am - 3.45pm
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€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

