



## ACTIVE ENNIS LEISURE COMPLEX - CLASSES & COURSES SCHEDULE -

Winter 2026



Classes **WITH** smiley faces means **no need to pre-book**. Just come along!  
Classes **WITHOUT** smiley faces **require prior booking**.

[www.activeennis.ie](http://www.activeennis.ie)  
065 6821604

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>(😊) 10 - 11 am BODY BLAST</b> €8.50, €4 Mem, €6 Senior	<b>(😊) 10 - 10.45 am AQUA AEROBICS</b> €8.50, €4.50 Mem, €6.50 Senior	<b>(😊) 10 - 11 am BODY BLAST</b> €8.50, €4 Mem, €6 Senior	<b>(😊) 9 - 10 am TAI CHI</b> €8.50, €6 Mem,	<b>(😊) 10 - 11 am BODY BLAST</b> €8.50, €4 Mem, €6 Senior	<b>8 - 11 am UNISLIM Olga</b> 087 252 6239
<b>(😊) 1.15 - 1.45 pm Lunch Crunch</b> €5.50, €3.50 Mem,	6.30 - 7.30pm Sculpt & Shred Karrieann 0862639454	<b>(😊) 1.15 - 1.45 pm Lunch Crunch</b> €5.50, €3.50 Mem,	<b>5 - 6 pm KIDS ART CLASS Sophie Gavin</b> 086 3913073	<b>(😊) 10 - 10.45 am AQUA AEROBICS</b> €8.50, €4.50 Mem, €6.50 Senior	<b>(😊) 8.45am - 9.45am BODY BLAST</b> €8.50, €4 Mem, €6 Senior
6 - 7 pm Step Aerobics Karrieann 086 2639454	<b>8 pm - 9 pm BARBELL PUMP</b> 089 2011805	<b>4.30 - 5.30 pm YOGA Marie</b> 087 6228325	6.30-7.30pm “Revive Your Fitness” Tae-Bo Karrieann 0862639454	<b>(😊) 1.15 - 1.45 pm Lunch Crunch</b> €5.50, €3.50 Mem,	10 - 11AM Burn Beat 089 2011805
7-8.15pm & 8.20-9.30pm <b>YOGA</b> Antoinette 086 3100827	<b>NO HAT - NO SWIM</b> Appropriate swimwear <u>must</u> be worn in Health Suites.	6.30 - 7.45pm Pilates Karrieann 0862639454	<b>8 - 9 pm CIRCUIT TRAINING</b> 089 2011805	6 pm - 7 pm <b>YOGA</b> Grainne 0892708619	11am - 12pm <b>PILATES</b> Idoia 08769 77880
<b>(😊) 8.45 - 9.30 pm AQUA AEROBICS</b> €8.50, €4.50 Mem, €6.50 Senior		<b>BOOK STUDIO TIME</b> CALL JAMIE 0656821604	<b>BOOK STUDIO TIME</b> Contact Jamie 065 6821604	<b>OPENING HOURS</b>	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
€1 COIN is needed for Lockers. Please do NOT leave your belongings in the Changing Rooms, DURING Swim Lessons.			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 <b>(N.B Kiddie Pool Closed)</b>	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 <b>(N.B Kiddie Pool Closed)</b>	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 <b>(Both Pools Closed 3.45 pm - 7 pm)</b>	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><b>* Restrictions may apply to public times</b></p> <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 1-3 lanes available during Public/Adult swim times. May vary with lessons/width swimming</li> </ul>					
BK HOL	Public Swim* 8 am - 3.45 pm							

