



Active Ennis Leisure Complex Classes and Courses Schedule : Spring 2026

Call: 0656821604
www.activeennis.ie



Classes with 😊 means no pre booking needed, otherwise please use contact given

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body blast 10-11am 😊	Aqua Aerobics 10-10.45am 😊	Body blast 10-11am 😊	Tai Chi 9am-10am 😊	Body blast 10-11am 😊	Body blast 8.45-9.45am 😊
Lunch Crunch 1.15-1.45pm 😊	Yoga 10-11am Gigi: 0892708619	Lunch Crunch 1.15-1.45pm 😊	Kids art class 5-6pm Sophie: 0863913073	Aqua Aerobics 10-10.45am 😊	UNISLIM 8-11AM Olga: 0872526239
Teen Gym 4-5pm	Sculpt & Shred 6.30-7.30pm Karriann: 0862639454	Teen Gym 4-5pm	Revive Your Fitness Karriann: Coming Soon	Lunch Crunch 1.15-1.45pm 😊	Burn Beat 8.45-9.45am Contact: 0892011805
Tae-Bo 6-7pm Karriann: 0862639454	Barbell Pump 8-9pm Contact: 0892011805	Yoga 4.30-5.30pm Marie: 0876228325	Circuit Training 8-9pm Contact: 0892011805	Teen Gym 4-5pm	Pilates 11-12PM Idoia: 0876977880
Yoga 7-8.15pm Men's Yoga 8.20-9.30pm Anto: 0863100827	For Studio/Meeting room Bookings ↓	Pilates 6.30-7.45pm Karriann: 0862639454	Please use lockers provided do not Leave Belongings in the changing rooms ↓	HIIT Strength Training Shona: 0833008515	Monkey Music 11.30-1.30 Cara: 0863360877
Aqua Aerobics 8.45-9.30pm 😊	Go to www.activeennis.ie	Aqua Aerobics 8.45-9.30pm 😊	€1 Coin Needed For Lockers	Yoga 6-7pm Gigi: 0892708619	Teen Gym 5-6pm

Opening Hours

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

Bank Hols: 8am - 3.45pm

Pool Schedule - Spring 2026

Monday	Public Swim 8am - 12.45pm	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 4.45pm Swim Lessons 3.45-4.45pm	Private Booking 4.45 - 6pm	Public Swim 6 - 7.50pm No lane available 6-7pm	Adult Only Swim 7.55pm - 8.45pm	Width Swim 8.45 - 9.45pm Aqua Aerobics 8.45 - 9.30pm (Shallow end)
Tuesday	Public Swim 8am - 12.45pm Aqua Aerobics 10-10.45am (Shallow end)	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 4.45pm Swim Lessons 3.45-4.45pm Learner pool closed	Private Booking 4.45 - 6pm	Public Swim 6 - 7.50pm	Adult Only Swim 7.55pm - 8.45pm	Masters 8.45 - 9.45pm Private Booking
Wednesday	Public Swim 8am - 12.45pm	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 3.45pm Swim Lessons 3.45-4.45pm	Private Booking 3.45 - 6pm	Public Swim 6 - 7.50pm	Adult Only Swim 8 - 8.45pm Width swimming	Width Swim 8.45 - 9.45pm Aqua Aerobics 8.45 - 9.30pm (Shallow end)
Thursday	Public Swim 8am - 12.45pm	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 4.45pm Swim Lessons 3.45-4.45pm Learner pool closed	Private Booking 3.45 - 6pm	Public Swim 6 - 7.50pm	Adult Only Swim 7.55pm - 8.45pm	Adults Swim lessons 8.45 - 9.45pm Private Booking
Friday	Public Swim 8am - 12.45pm Aqua Aerobics 10-10.45am (Shallow end)	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 3.45pm Swim Lessons 3.45-4.45pm	Private Booking 3.45 - 7pm	Public Swim 7 - 8pm No lane available	Family Swim 8 - 8.45pm Adults Must Accompany Children	Masters 8.45 - 9.45pm Private Booking
Saturday	Public Swim 2 - 7.45pm (Restricted Swimming at certain times)					Sub Aqua 6 - 8pm (4 Lanes)	Adult Only Swim 8 - 8.45pm
Sunday	Public Swim 12 - 4.45pm					<ul style="list-style-type: none"> Swimming Hats Must be Worn Waterproof Swim Nappies must be worn by Toddlers Under 8s Must be accompanied by an adult 1 - 3 Lanes available during Public/Adult times unless stated Max 2 Hours per person Last entry 45 mins before closing time 	
Bank Hols	Public Swim 8 - 3.45pm						