



Active Ennis Leisure Complex Classes and Courses Schedule : Aug

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

Call: 0656821604
www.activeennis.ie



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 😊	Sculpt & Shred 6.30-7.30pm Karrieann: 0862639454	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 11-12 pm , 12-1pm, 4-5pm	Teen Gym 11-12pm, 12-1 pm	Teen Gym 11-12 pm , 12-1pm, 4-5pm	Teen Gym 11-12pm, 12-1 pm	Lunch Crunch 1.15-1.45pm 😊	Burn Beat 8.45-9.45am Contact: 0892011805
Tae-Bo 6-7pm Karrieann: 0862639454		Yoga 4.30-5.30pm Marie: 0876228325		Teen Gym 11-12 pm , 12-1pm, 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 Karrieann: 0862639454	Please use lockers provided do not Leave Belongings in the changing rooms ↓	Proof of Age required for Teen Gym	Teen Gym 5-6pm
Aqua Aerobics 8.45-9.30pm 😊	Go to www.activeennis.ie	Aqua Aerobics 8.45-9.30pm 😊	€1 Coin Needed For Lockers		

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 - Aug 2026

Monday	Public Swim 7am - 12.45pm Learner pool closed 11-12.15	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 5pm	Public Swim 5 - 6pm	Public Swim 6 - 7.45pm	Adult Only Swim 7.55pm - 8.45pm	Width Swim 8.45 - 9.45pm Aqua Aerobics 8.45 - 9.30pm (Shallow end)
Tuesday	Public Swim 7am - 12.45pm Aqua Aerobics 10-10.45am (Shallow end) Learner pool closed 11-12.15	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 5pm	Public Swim 5 - 6pm	Public Swim 6 - 7.45pm	Adult Only Swim 7.45pm - 9.45pm	
Wednesday	Public Swim 7am - 12.45pm Learner pool closed 11-12.15	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 5pm	Public Swim 5 - 6pm	Public Swim 6 - 7.45pm	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 7am - 12.45pm Learner pool closed 11-12.15	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 5pm	Public Swim 5 - 6pm	Public Swim 6 - 7.45pm	Adult Only Swim 7.55pm - 8.45pm	Adult Only Lane Swim 8.45- 9.45pm
Friday	Public Swim 7am - 12.45pm Aqua Aerobics 10-10.45am (Shallow end) Learner pool closed 11-12.15	Adults Only 12.45 - 2pm Parent/Toddler under 6yo Learner Pool Only	Public Swim 2 - 5pm	Public Swim 5 - 6pm	Public Swim 7 - 8pm No lane available	Family Swim 8 - 8.45pm Adults Must Accompany Children in the water	Adult Only Lane Swim 8.45- 9.45pm
Saturday	Public Swim 10am - 7.45pm (Restricted Swimming at certain times)					Swimming hats must be worn	Adult Only Swim 8 - 8.45pm
Sunday	Public Swim 10am - 4.45pm					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						