COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL
Saoráidí Spóirt agus Áineasa
Sport and Recreation Facilities

RANGANNA ACLAÍOCHTA

FITNESS CLASSES

ENNIS LEISURE COMPLEX · SEP / OCT 2026

065 682 1604
INSTAGRAM · FACEBOOK
@ennisleisurecomplex

Dé Luain MONDAY

BODY BLAST
10.00–11.00am
DROP-IN

LUNCH CRUNCH
1.15–1.45pm
DROP-IN

TEEN GYM
4.00–5.00pm
PROOF OF AGE REQUIRED

COMING SOON
6.00–7.00pm
KARRIEANN'S FITNESS CLASS

YOGA
7.00–8.15pm
ANTO 086 310 0827

MEN'S YOGA
8.20–9.30pm
ANTO 086 310 0827

AQUA AEROBICS
8.45–9.30pm
DROP-IN

Dé Máirt TUESDAY

AQUA AEROBICS
10.00–10.45am
DROP-IN

SCULPT & SHRED
6.30–7.30pm
KARRIEANN 086 263 9454

Tabhair faoi deara
PLEASE NOTE

- Classes marked DROP-IN need no booking
- All others: contact the instructor listed
- Lockers provided — €1 coin needed
- Studio & room bookings at activeennis.ie

Dé Céadaoin WEDNESDAY

BODY BLAST
10.00–11.00am
DROP-IN

LUNCH CRUNCH
1.15–1.45pm
DROP-IN

TEEN GYM
4.00–5.00pm
PROOF OF AGE REQUIRED

YOGA
4.30–5.30pm
MARIE 087 622 8325

PILATES
6.30–7.45pm
KARRIEANN 086 263 9454

AQUA AEROBICS
8.45–9.30pm
DROP-IN

Déardaoin THURSDAY

TAI CHI
9.00–10.00am
DROP-IN

KIDS ART CLASS
5.00–6.00pm
SOPHIE 086 391 3073

Uaireanta Oscailte
OPENING HOURS

MON	7.00am – 9.45pm
TUE	7.00am – 9.45pm
WED	6.30am – 9.45pm
THU	7.00am – 9.45pm
FRI	6.30am – 9.45pm
SAT	8.00am – 8.45pm
SUN	10.00am – 5.45pm
BANK HOL	8.00am – 3.45pm

Dé hAoine FRIDAY

BODY BLAST
10.00–11.00am
DROP-IN

AQUA AEROBICS
10.00–10.45am
DROP-IN

LUNCH CRUNCH
1.15–1.45pm
DROP-IN

TEEN GYM
4.00–5.00pm
PROOF OF AGE REQUIRED

Teagmháil
CONTACT

Ennis Leisure Complex
065 682 1604
activeennis.ie
@ennisleisurecomplex

Dé Sathairn SATURDAY

UNISLIM
8.00–11.00am
OLGA 087 252 6239

BODY BLAST
8.45–9.45am
DROP-IN

BURN BEAT
8.45–9.45am
CONTACT 089 201 1805

PILATES
11.00am–12.00pm
IDOIA 087 697 7880

TEEN GYM
5.00–6.00pm
PROOF OF AGE REQUIRED

Rialacha an Ghiomnáisiam
GYM RULES

- Sauna & steam room close 30 mins before closing time
- No photography or videos
- Max 3 hours per person
- Last entry 45 mins before closing
- Teen Gym must be booked in advance
- Proof of age required
- Appropriate footwear must be worn at all times
- Swimwear must be worn in the sauna & steam room
- Abuse towards staff will not be tolerated

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CLÁR AMA NA LINNE SNÁMHA

POOL SCHEDULE

ENNIS LEISURE COMPLEX · SEP / OCT 2026

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Dé Luain **MONDAY**	**Public Swim** 8.00am – 12.45pm	**Adults Only 18+** 12.45 – 2.00pm Parent / Toddler under 6 learner pool only	**Public Swim** 2.00 – 4.45pm Swim lessons 3.45 – 4.55pm	**Private Booking** 4.45 – 6.00pm	**Public Swim** 6.00 – 7.50pm No lane available 6 – 7pm	**Adults Only 18+** 7.55 – 8.45pm	**Width Swim** 8.45 – 9.45pm Aqua Aerobics 8.45 – 9.30pm (shallow end)
Dé Máirt **TUESDAY**	**Public Swim** 8.00am – 12.45pm Aqua Aerobics 10 – 10.45am (shallow end)	**Adults Only 18+** 12.45 – 2.00pm Parent / Toddler under 6 learner pool only	**Public Swim** 2.00 – 4.45pm Swim lessons 3.45 – 4.55pm Learner pool closed	**Private Booking** 4.45 – 6.00pm	**Public Swim** 6.00 – 7.50pm	**Adults Only 18+** 7.55 – 8.45pm	**Masters** 8.45 – 9.45pm Private booking
Dé Céadaoin **WEDNESDAY**	**Public Swim** 8.00am – 12.45pm	**Adults Only 18+** 12.45 – 2.00pm Parent / Toddler under 6 learner pool only	**Public Swim** 2.00 – 3.45pm Swim lessons 3.45 – 4.55pm	**Private Booking** 3.45 – 6.00pm	**Public Swim** 6.00 – 7.50pm	**Adults Only 18+** 8.00 – 8.45pm Width swimming	**Width Swim** 8.45 – 9.45pm Aqua Aerobics 8.45 – 9.30pm (shallow end)
Déardaoin **THURSDAY**	**Public Swim** 8.00am – 12.45pm	**Adults Only 18+** 12.45 – 2.00pm Parent / Toddler under 6 learner pool only	**Public Swim** 2.00 – 3.45pm Swim lessons 3.45 – 4.55pm Learner pool closed	**Private Booking** 3.45 – 6.00pm	**Public Swim** 6.00 – 7.50pm	**Adults Only 18+** 7.55 – 8.45pm	**Adult Swim Lessons** 8.45 – 9.45pm Private booking
Dé hAoine **FRIDAY**	**Public Swim** 8.00am – 12.45pm Aqua Aerobics 10 – 10.45am (shallow end)	**Adults Only 18+** 12.45 – 2.00pm Parent / Toddler under 6 learner pool only	**Public Swim** 2.00 – 3.45pm Swim lessons 3.45 – 4.55pm	**Private Booking** 3.45 – 7.00pm	**Public Swim** 7.00 – 8.00pm No lane available	**Family Swim** 8.00 – 8.45pm Adults must accompany children	**Masters** 8.45 – 9.45pm Private booking
Dé Sathairn **SATURDAY**	**Public Swim** 2.00 – 8.45pm Restricted swimming at certain times					**Sub Aqua** 6.00 – 8.00pm 4 lanes	**Adults Only 18+** 8.00 – 8.45pm
Dé Domhnaigh **SUNDAY**	**Public Swim** 12.00 – 4.45pm						
Laethanta Saoire Bainc **BANK HOLS**	**Public Swim** 8.00am – 3.45pm						

Rialacha na Linne
POOL RULES

- Swimming hats must be worn
- Red sessions are private bookings — pool unavailable
- Max 2 hours per person
- Waterproof swim nappies must be worn by toddlers
- 1–3 lanes available during public / adult times unless stated
- Under 8s must be accompanied by an adult in the water at all times
- Last entry 45 mins before close