

Dé Luain MONDAY	Dé Máirt TUESDAY	Dé Céadaoin WEDNESDAY	Déardaoin THURSDAY	Dé hAoine FRIDAY	Dé Sathairn SATURDAY
⚡ BODY BLAST 10.00–11.00am DROP-IN	🌊 AQUA AEROBICS 10.00–10.45am DROP-IN	⚡ BODY BLAST 10.00–11.00am DROP-IN	🌿 TAI CHI 9.00–10.00am DROP-IN	⚡ BODY BLAST 10.00–11.00am DROP-IN	🧘 UNISLIM 8.00–11.00am OLGA 087 252 6239
🕒 LUNCH CRUNCH 1.15–1.45pm DROP-IN	⚡ SCULPT & SHRED 6.30–7.30pm KARRIEANN 086 263 9454	🕒 LUNCH CRUNCH 1.15–1.45pm DROP-IN	🎨 KIDS ART CLASS 5.00–6.00pm SOPHIE 086 391 3073	🌊 AQUA AEROBICS 10.00–10.45am DROP-IN	⚡ BODY BLAST 8.45–9.45am DROP-IN
🏋️ TEEN GYM 4.00–5.00pm PROOF OF AGE REQUIRED	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	🏋️ TEEN GYM 4.00–5.00pm PROOF OF AGE REQUIRED	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	🕒 LUNCH CRUNCH 1.15–1.45pm DROP-IN	⚡ BURN BEAT 9.45–10.45am CONTACT 089 201 1805
★ COMING SOON 6.00–7.00pm KARRIEANN'S FITNESS CLASS		🌿 YOGA 4.30–5.30pm MARIE 087 622 8325		🏋️ TEEN GYM 4.00–5.00pm PROOF OF AGE REQUIRED	🌿 PILATES 11.00am–12.00pm IDOIA 087 697 7880
🌿 YOGA 7.00–8.15pm ANTO 086 310 0827		🌿 PILATES 6.30–7.45pm KARRIEANN 086 263 9454		Teagmháil CONTACT Ennis Leisure Complex 065 682 1604 activeennis.ie	🏋️ TEEN GYM 5.00–6.00pm PROOF OF AGE REQUIRED
🌿 MEN'S YOGA 8.20–9.30pm ANTO 086 310 0827		🌊 AQUA AEROBICS 8.45–9.30pm DROP-IN			
🌊 AQUA AEROBICS 8.45–9.30pm DROP-IN					

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

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 – 3.45pm Swim lessons 3.45 – 4.55pm Learner pool & shallow end 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