

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

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