



# Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>				
50+ Yoga with Paulette 9:45am - 11:00am	Legs Bums & Tums 9:15am - 10:00am	50+ Yoga with Paulette 9:45am - 11:00am		Pilates 9:15am-10:00am
Golden Dance 11:15am - 12:00pm	Pool Aqua Aerobics 10:30am - 11:15am		Pool Aqua Aerobics 10:30am - 11:15am	
Pilates 1:15pm-2:00pm (members only)		Pilates 1:15pm-2:00pm		Yoga 1.00pm - 2.00pm
<b>Evening Classes</b>				
Pilates (members only) 6:00pm-6:45pm	Step Aerobics 6:00pm-6:45pm	Pilates 6:00pm-6:45pm	Pump & Burn 6:00pm- 6:45pm	Thump Boxing 6:00pm- 7.00pm
Fat Burner 6:45pm-7:30pm	Pump & Burn 7:00pm-7:45pm	Triple Challenge- Kelly 7:00pm-7:45pm		
Belly Dancing 8:00pm	Belly Dancing 8:00pm	Yoga with Vanessa 8:00- 9:00		

Classes must be pre booked by all attendees  
 Booking window opens at 5pm the day before class and closes 1 hour before class commences  
 If you are not attending class please cancel your place with a member of the Energize team

Pay as You Go Class - €8.50 non members /Free to members
Pay as You Go Class - Price on Request
Members Only Class



# Swimming Courses Timetable 2018

Start Time	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am			AQUA ELITE GROUP		AQUA ELITE GROUP		AQUA ELITE GROUP
10:00am					AQUA ELITE GROUP		AQUA ELITE GROUP
10:30am			AQUA AEROBICS	WATERZONE	AQUA AEROBICS		AQUA ELITE GROUP
11:00am	AQUA ELITE PRIVATE		AQUA AEROBICS	WATERZONE	AQUA AEROBICS		AQUA ELITE GROUP
11.30am	WATER-ZONE	AQUA ELITE PRIVATE		WATERZONE	WATERZONE		AQUA ELITE GROUP
12:00pm				WATERZONE	WATERZONE		AQUA ELITE GROUP
12:30pm	AQUA ELITE GROUPS						AQUA ELITE GROUP
1:00pm	AQUA ELITE GROUPS						AQUA ELITE GROUP
1:30pm							AQUA ELITE GROUP
2:00pm				AQUA ELITE GROUP	AQUA ELITE PRIVATE	AQUA ELITE GROUP	AQUA ELITE GROUP
2:30pm				AQUA ELITE GROUP	AQUA ELITE PRIVATE	AQUA ELITE GROUP	AQUA ELITE GROUP
3:00pm				AQUA ELITE GROUP	AQUA ELITE PRIVATE	AQUA ELITE GROUP	AQUA ELITE GROUP
3:30pm				AQUA ELITE GROUP	AQUA ELITE PRIVATE	AQUA ELITE GROUP	AQUA ELITE GROUP
4:00pm				AQUA ELITE GROUP	AQUA ELITE PRIVATE	AQUA ELITE GROUP	AQUA ELITE GROUP
4:30pm	AQUA ELITE GROUPS			AQUA ELITE GROUP		AQUA ELITE GROUP	
5:00pm	AQUA ELITE GROUPS		WATERZONE	AQUA ELITE GROUP		AQUA ELITE GROUP	
5:30pm	AQUA ELITE GROUPS		WATERZONE	AQUA ELITE GROUP		AQUA ELITE GROUP	
6:00pm	AQUA ELITE GROUPS		WATERZONE	AQUA ELITE GROUP		AQUA ELITE GROUP	
6:30pm	AQUA ELITE GROUPS		WATERZONE	AQUA ELITE GROUP		AQUA ELITE GROUP	
7:00pm	AQUA ELITE PRIVATE		WATERZONE	AQUA ELITE PRIVATE		AQUA ELITE PRIVATE	
7:30pm	AQUA ELITE PRIVATE			AQUA ELITE PRIVATE		AQUA ELITE PRIVATE	

Call 061 421 850 or email [energize@strandlimerick.ie](mailto:energize@strandlimerick.ie)

[www.strandlimerick.ie](http://www.strandlimerick.ie)