



Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes				
50+ Yoga with Paulette 9:45am - 11:00am		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		
Evening Classes				
Pilates (members only) 6:00pm-6:45pm	Step Aerobics 6:00pm-6:45pm	Pilates 6:00pm-6:45pm	Pump & Burn 6:00pm- 6:45pm	
HIIT 7:00pm -7:45pm		LBT 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 2019

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		AQUA AEROBICS		AQUA ELITE GROUP
11:00am	AQUA ELITE PRIVATE	AQUA AEROBICS		AQUA AEROBICS		AQUA ELITE GROUP
11:30am	AQUA ELITE PRIVATE					AQUA ELITE GROUP
12:00pm						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		DOLOROES WHELAN SWIMMING LESSONS	AQUA ELITE GROUP	AQUA ELITE PRIVATE	AQUA ELITE GROUP	AQUA ELITE GROUP
4:30pm	AQUA ELITE GROUPS	DOLOROES WHELAN SWIMMING LESSONS	AQUA ELITE GROUP		AQUA ELITE GROUP	
5:00pm	AQUA ELITE GROUPS	DOLOROES WHELAN SWIMMING LESSONS	AQUA ELITE GROUP		AQUA ELITE GROUP	
5:30pm	AQUA ELITE GROUPS	DOLOROES WHELAN SWIMMING LESSONS	AQUA ELITE GROUP		AQUA ELITE GROUP	
6:00pm	AQUA ELITE GROUPS	DOLOROES WHELAN SWIMMING LESSONS	AQUA ELITE GROUP		AQUA ELITE GROUP	
6:30pm	AQUA ELITE GROUPS	DOLOROES WHELAN SWIMMING LESSONS	AQUA ELITE GROUP		AQUA ELITE GROUP	
7:00pm	AQUA ELITE PRIVATE	DOLOROES WHELAN SWIMMING LESSONS	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

www.strandlimerick.ie