



# Class Timetable 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>				
	Pool Aqua Aerobics 10:30am - 11:15am		Pool Aqua Aerobics 10:30am - 11:15am	
	Express SPIN 1:15pm - 1:45pm		Express SPIN 1:15pm-1:45pm	
<b>Evening Classes</b>				
Pilates 6.00-6:45pm	SPIN 6.00pm - 6:45pm	Pilates 6:00pm-6:45pm		SPIN 6:00pm-6:45pm
	Pump & Burn 7:00pm-7:45pm		Stretch & Core 7:00pm-7:45pm	Cycling Club 7:00pm-8:00pm
Belly Dancing 8:00-9:00pm	Belly Dancing 8:00-9:00pm			

**Classes are for members only**  
The only classes that are available for pay as you go **NON MEMBERS** are  
Spinning classes

**SPIN** FREE for Member's per class & €10 for Non-Members



Booking is essential for all classes (except Aqua Aerobics)  
Booking opens 3 days prior to the class  
[www.bookwhen.com/energizelimerick](http://www.bookwhen.com/energizelimerick)

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

# Swimming Courses Timetable 2023

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am		AQUA ELITE		AQUA ELITE		AQUA ELITE	
10:00am				AQUA ELITE		AQUA ELITE	
10:30am		AQUA AEROBICS		AQUA AEROBICS		AQUA ELITE	
11:00am	AQUA ELITE PRIVATE	AQUA AEROBICS		AQUA AEROBICS		AQUA ELITE	
11.30am	AQUA ELITE PRIVATE					AQUA ELITE	
12:00pm						AQUA ELITE	
12:30pm	AQUA ELITE					AQUA ELITE	
1:00pm	AQUA ELITE					AQUA ELITE	DOLOROES WHELAN
1:30pm						AQUA ELITE	DOLOROES WHELAN
2:00pm			AQUA ELITE	AQUA ELITE PRIVATE	AQUA ELITE	AQUA ELITE	DOLOROES WHELAN
2:30pm			AQUA ELITE	AQUA ELITE PRIVATE	AQUA ELITE	AQUA ELITE	DOLOROES WHELAN
3:00pm		DOLOROES WHELAN	AQUA ELITE	AQUA ELITE PRIVATE	AQUA ELITE	AQUA ELITE	DOLOROES WHELAN
3:30pm		DOLOROES WHELAN	AQUA ELITE	AQUA ELITE PRIVATE	AQUA ELITE	AQUA ELITE	
4:00pm		DOLOROES WHELAN	AQUA ELITE	AQUA ELITE PRIVATE	AQUA ELITE	AQUA ELITE	
4:30pm	AQUA ELITE	DOLOROES WHELAN	AQUA ELITE		AQUA ELITE		
5:00pm	AQUA ELITE	DOLOROES WHELAN	AQUA ELITE		AQUA ELITE		
5:30pm	AQUA ELITE	DOLOROES WHELAN	AQUA ELITE		AQUA ELITE		
6:00pm	AQUA ELITE	DOLOROES WHELAN	AQUA ELITE		AQUA ELITE		
6:30pm	AQUA ELITE	DOLOROES WHELAN	AQUA ELITE		AQUA ELITE		
7:00pm	AQUA ELITE PRIVATE	DOLOROES WHELAN	AQUA ELITE PRIVATE		AQUA ELITE PRIVATE		
7:30pm	AQUA ELITE PRIVATE		AQUA ELITE PRIVATE		AQUA ELITE PRIVATE		

