



Class Timetable 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes				
	Express SPIN 9.15am-9.45am		Express SPIN 9.15am-9.45am	
Pool Aqua Aerobics 10:30am - 11:15am		Pool Aqua Aerobics 10:30am - 11:15am		
Stretch & Core 1:15pm – 1:45pm			Stretch & Core 1:15pm-1:45pm	
Evening Classes				
HIIT 6.00-6:45pm		SPIN 6:00pm-6:45pm		SPIN 6:00pm-6:45pm
Belly Dancing 8.00pm-9.00pm	Belly Dancing 8.00pm-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

Call 061 421 850 or email energize@strandlimerick.ie

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		

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