



Class Timetable 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes				
Stretch & Core 9.15am-9.45am	Yoga 9.15am-10.15am			Stretch & Core 9.15am-9.45am
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
Evening Classes				
SPIN 6.00-6:45pm	Dance Fit 6.00pm-6.45pm	SPIN 6:00pm-6:45pm	CIRCL, Mobility 6.00pm-6.30pm	SPIN 6:00pm-6:45pm
	HIT 7.00-7.45pm		Dance Fit 6.45pm-7.30pm	
Belly Dancing 8.00pm-9.00pm	Belly Dancing 8.00pm-9.00pm	Yoga 7.00pm-8.00pm		

Limited Availability per class for Non-Members

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

EXPRESS SPIN FREE for Member's per class & €8 for Non-Members

Classes highlighted in yellow are provided by external instructors



Booking is essential for all classes
Booking opens 3 days prior to the class
www.bookwhen.com/energizelimerick

Call 061 421 850 or email energize@strandlimerick.ie

www.strandlimerick.ie



Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am		AQUA ELITE		AQUA ELITE		AQUA ELITE	
10:00am				AQUA ELITE		AQUA ELITE	DOLOROES WHELAN
10:30am		AQUA AEROBICS		AQUA AEROBICS		AQUA ELITE	DOLOROES WHELAN
11:00am	AQUA ELITE PRIVATE	AQUA AEROBICS		AQUA AEROBICS		AQUA ELITE	DOLOROES WHELAN
11:30am	AQUA ELITE PRIVATE					AQUA ELITE	DOLOROES WHELAN
12:00pm						AQUA ELITE	DOLOROES WHELAN
12:30pm	AQUA ELITE					AQUA ELITE	DOLOROES WHELAN
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		

