



Class Timetable 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes				
YogaliciousSCULPT 9:15am-10:15am	Yoga 9:30am-10:30am			
	Pool Aqua Aerobics 10:30am - 11:15am		Pool Aqua Aerobics 10:30am - 11:15am	
Express SPIN 1.15am-1.45am	Pilates 1:15pm-2pm		Pilates 1:15pm-2pm	Express SPIN 1.15am-1.45am
Evening Classes				
SPIN 6:00pm-6:45pm	YogaliciousBODY 6:00pm-7:15pm	SPIN 6:00pm-6:45pm	Dance Fit 6:00pm-6:45pm	SPIN 6:00pm-6:45pm
Stretch & Core 7pm – 7:45pm	YogaliciousZEN 7:30pm-8:00pm			HIT 7.00pm – 7:45pm
Belly Dancing 8:00pm-9:00pm	Belly Dancing 8:00pm-9:00pm			

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 (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

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		