



# Class Timetable 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>				
				<b>Pilates</b> 9.30am-10.15am
	<b>Pool Aqua Aerobics</b> 10:30am - 11:15am		<b>Pool Aqua Aerobics</b> 10:30am - 11:15am	
<b>Pilates</b> 1:15pm-2pm		<b>Pilates</b> 1:15pm-2pm		
<b>Evening Classes</b>				
<b>SPIN</b> 6:00pm-6:45pm		<b>SPIN</b> 6:00pm-6:45pm	-	<b>SPIN</b> 6:00pm-6:45pm
<b>Belly Dancing</b> 7.00pm-8.00pm	<b>Belly Dancing</b> 7.00pm-8.00pm	<b>Yoga</b> 7:00pm-8:00pm		
<b>Yin Yoga</b> 8:00pm-9:00pm				

Limited Availability per class for Non-Members  
**SPIN** FREE for Member's per class & €10 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](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

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		