



Class Timetable 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes				
PUMP+BURN 9.30am-10.15am		PUMP + BURN 9.30am-10.15am		PILATES 9.30am-10.15am
	POOL AQUA AEROBICS 10:30am - 11:15am		POOL AQUA AEROBICS 10:30am - 11:15am	
PILATES 1:15pm-2pm				EXPRESS SPIN 1.15pm-1.45pm
Evening Classes				
SPIN 6:00pm-6:45pm			-	
BELLY DANCING 7.00pm-8.00pm	BELLY DANCING 7.00pm-8.00pm			

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

Call 061 421 850 or email energize@strandlimerick.ie
www.strandlimerick.ie

Swimming Courses 2025

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		