

**Ian Robinson Sports Centre (IRSC) Fitness Class and Children's Activity Timetable**  
**0151 949 9355 [IRSC@merchanttaylor.com](mailto:IRSC@merchanttaylor.com) 07917 470 013 (Text Only)**

Day	Time	Class / Activity	Contact
<b>Monday</b>	6.15 – 7.00pm	IRSC Body Conditioning	FREE TO ALL FITNESS SUITE MEMBERS £4 to Non-members Pre-booking required
	7.00 – 8.00pm	Fit Steps	Nicola Flynn 07967 826 627 <a href="mailto:nicolaflynn1@yahoo.co.uk">nicolaflynn1@yahoo.co.uk</a>
	7.00 – 9.00pm	Meditation and Buddhism	Kadampa Meditation Centre 0151 726 8900 <a href="http://Meditationinliverpool.org.uk">Meditationinliverpool.org.uk</a>
	8.00 – 8.45pm	Adult Beginners Tap Class	Kerry Sexton 07753 359 995 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
<b>Tuesday</b>	5.00 – 5.45pm	Tap and Modern Dance Age 7 – 10	Kerry Sexton 07753 359 995 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
	5.45 – 6.45pm	Total Swimming	0161 764 2224 <a href="mailto:samantha.oloughlin@totalswimming.co.uk">samantha.oloughlin@totalswimming.co.uk</a>
	6.00 – 7.00pm	Yoga	Anne Blower <a href="mailto:anne.blower@blueyonder.co.uk">anne.blower@blueyonder.co.uk</a>
	7.15 – 8.00pm	Adult Beginner Jazz	Kerry Sexton 07753 359 995 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
	7.15 – 9.00pm	Liverpool Karate Academy	Peter Watson 07432 017 262 <a href="mailto:liverpoolkarateacademy@outlook.com">liverpoolkarateacademy@outlook.com</a>
	8.00 – 9.00pm	Adult Ballet Class	Kerry Sexton 07753 359 995 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
<b>Wednesday</b>	6.30 – 7.15pm	Fit Steps	Nicola Flynn 07967 826 627 <a href="mailto:nicolaflynn1@yahoo.co.uk">nicolaflynn1@yahoo.co.uk</a>
	7.20 – 8.00pm	IRSC Resistance Circuit Training	FREE TO ALL FITNESS SUITE MEMBERS £4 to Non-members Pre-booking required
<b>Thursday</b>	5.45 – 6.45pm	Total Swimming	0161 764 2224 <a href="mailto:samantha.oloughlin@totalswimming.co.uk">samantha.oloughlin@totalswimming.co.uk</a>
	6.00 – 7.00pm	Yoga	Alison Doherty 0151 924 3444 <a href="mailto:alisondoherty46@gmail.com">alisondoherty46@gmail.com</a>
	6.00 – 6.45pm	KUGB Karate	David Reegen 07523 012 836 <a href="http://www.kugb.org">www.kugb.org</a>
	6.45 – 8.45pm	Liverpool Karate Academy	Peter Watson 07432 017 262 <a href="mailto:liverpoolkarateacademy@outlook.com">liverpoolkarateacademy@outlook.com</a>
<b>Friday</b>	6.30 – 7.00pm	HIIT Class	FREE TO ALL FITNESS SUITE MEMBERS £4 to Non-members Pre-booking required
<b>Saturday</b>	9.00 – 11.00am	Children's Ballet, Tap and Modern Age 2 – 5	Kerry Sexton 07753 359 995 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
	9.00 – 11.00am	Children's Rugby	Dave Giles 07757509809 <a href="mailto:rugbyrangers@hotmail.co.uk">rugbyrangers@hotmail.co.uk</a>
	9.30 – 11.30am	Children's Theatre	Helen Williams <a href="mailto:hcmurphyuk@hotmail.co.uk">hcmurphyuk@hotmail.co.uk</a>
	11.00 – 11.45am	Stay and Play 18mths – 3yrs	£3.50 Per Adults Kids go free
	11.15am -12.15pm	Pregnancy and Postnatal Yoga	Anne Blower <a href="mailto:anne.blower@blueyonder.co.uk">anne.blower@blueyonder.co.uk</a>
	12.30 – 2.15pm	Children's Ballet, Tap and Modern Age 5 – 7	Kerry Sexton 07753 359 995 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
	1.00 – 3.00pm	Total Swimming	0161 764 2224 <a href="mailto:samantha.oloughlin@totalswimming.co.uk">samantha.oloughlin@totalswimming.co.uk</a>
	2.15 – 3.15pm	Karate KUGB Karate	David Reegen 07523 012 836 <a href="http://www.kugb.org">www.kugb.org</a>