

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

Day	Time	Class / Activity	Contact
Monday	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 nicolaflynn1@yahoo.co.uk
	7.00 – 9.00pm	Meditation and Buddhism	Kadampa Meditation Centre 0151 726 8900 Meditationinliverpool.org.uk
	8.00 – 8.45pm	Adult Beginners Tap Class	Kerry Sexton 07753 359 995 kls1703@gmail.com
Tuesday	5.45 – 6.45pm	Total Swimming	0161 764 2224 samantha.oloughlin@totalswimming.co.uk
	6.00 – 7.00pm	Yoga	Anne Blower anne.blower@blueyonder.co.uk
	6.00 – 7.00pm	Children's Theatre	Helen Williams hcmurphyuk@hotmail.co.uk
	6.00 – 7.00pm	Liverpool Karate Academy	Peter Watson 07432 017 262 liverpoolkarateacademy@outlook.com
	7.30 – 9.00pm	Adult Ballet Class	Kerry Sexton 07753 359 995 kls1703@gmail.com
Wednesday	6.30 – 7.15pm	Fit Steps	Nicola Flynn 07967 826 627 nicolaflynn1@yahoo.co.uk
	7.20 – 8.00pm	IRSC Resistance Circuit Training	FREE TO ALL FITNESS SUITE MEMBERS £4 to Non-members Pre-booking required
Thursday	5.45 – 6.45pm	Total Swimming	0161 764 2224 samantha.oloughlin@totalswimming.co.uk
	6.00 – 6.45pm	KUGB Karate	David Reegen 07523 012 836 www.kugb.org
	6.45 – 8.45pm	Liverpool Karate Academy	Peter Watson 07432 017 262 liverpoolkarateacademy@outlook.com
	7.00 – 8.00pm	Yoga	Alison Doherty 07463 493 334. alisondoherty46@gmail.com
Friday	6.30 – 7.00pm	HIIT Class	FREE TO ALL FITNESS SUITE MEMBERS £4 to Non-members Pre-booking required
Saturday	9.00 – 11.00am	Children's Ballet, Tap and Modern Age 2 – 5	Kerry Sexton 07753 359 995 kls1703@gmail.com
	9.30 – 11.30am	Children's Theatre	Helen Williams hcmurphyuk@hotmail.co.uk
	11.00 – 11.45am	Stay and Play Under 5's	£3.50 Per Adult Kids go free
	11.15am -12.15pm	Pregnancy and Postnatal Yoga	Anne Blower anne.blower@blueyonder.co.uk
	12.30 – 2.00pm	Children's Ballet, Tap and Modern Age 5 – 7	Kerry Sexton 07753 359 995 kls1703@gmail.com
	1.00 – 3.00pm	Total Swimming	0161 764 2224 samantha.oloughlin@totalswimming.co.uk
	2.15 – 3.15pm	Karate KUGB Karate	David Reegen 07523 012 836 www.kugb.org