

**Ian Robinson Sports Centre (IRSC) Fitness Class and Children's Activity Timestable**  
**0151 949 9355 [IRSC@merchanttaylor.com](mailto: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 <a href="mailto:nicolaflynn1@yahoo.co.uk">nicolaflynn1@yahoo.co.uk</a>
	7.00 – 8.30pm	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>
Tuesday	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>
	6.00 – 7.00pm	Children's Theatre	Helen Williams <a href="mailto:hcmurphyuk@hotmail.co.uk">hcmurphyuk@hotmail.co.uk</a>
	6.00 – 7.00pm	Liverpool Karate Academy	Peter Watson 07432 017 262 <a href="mailto:liverpoolkarateacademy@outlook.com">liverpoolkarateacademy@outlook.com</a>
	7.30 – 9.00pm	Adult Ballet Class	Kerry Sexton 07753 359 995 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
Wednesday	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
Thursday	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 – 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>
	7.00 – 8.00pm	Yoga	Alison Doherty 07463 493 334. <a href="mailto:alisondoherty46@gmail.com">alisondoherty46@gmail.com</a>
Friday	6.30 – 7.00pm	<b>KONGA®</b> An easy-to-follow, high intensity fusion of Boxing, Cardio, and Dance.	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 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
	9.00 – 10.45am	Children's Football 9.00am – 9.45am 2-3 yrs 9.45am – 10.45am 4-5 yrs	Liam Brennan 07958164576 <a href="mailto:liambrennan8@hotmail.com">liambrennan8@hotmail.com</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	£2.00 per child
	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 – 2.00pm	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>
Sunday	11.00am – 12.00pm	YogaBears Children's Yoga (3-11yrs)	Laura Lennard-Byrne <a href="mailto:Lauralb@yogabears.uk">Lauralb@yogabears.uk</a>