

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 £4.50 to Non-members Pre-booking required
	7.00 – 8.00pm	Yoga	Claire Neophytou claireherbert78@aol.com
	7.00 – 8.00pm	Fit Steps	Nicola Flynn 07967 826 627 nicolaflynn1@yahoo.co.uk
	7.00 – 8.30pm	Meditation and Buddhism	Kadampa Meditation Centre 0151 726 8900 Meditationinliverpool.org.uk
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 – 8.00pm	Limelight Speech and Drama Academy	Helen Williams 07890987587 LimelightLiverpool@outlook.com
	8.00 – 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 £4.50 to Non-members Pre-booking required
Thursday	5.45 – 6.45pm	Total Swimming	0161 764 2224 samantha.oloughlin@totalswimming.co.uk
	6.10 – 6.40pm	IRSC HIIT	FREE TO ALL FITNESS SUITE MEMBERS £4.50 to Non-members Pre-booking required
	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 – 7.15pm	KONGA® An easy-to-follow, high intensity fusion of Boxing, Cardio, and Dance.	FREE TO ALL FITNESS SUITE MEMBERS £4.50 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
	9.00 – 10.45am	Children's Football 9.00am – 9.45am 2-3 yrs 9.45am – 10.45am 4-5 yrs	Liam Brennan 07958164576 liambrennan8@hotmail.com
	11.00 – 11.45am	Stay and Play Soft play for children up to 5yrs.	£3.00 per child
	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	KUGB Karate	David Reegen 07523 012 836 www.kugb.org

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