

**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
Monday	<b>6.15 – 7.00pm</b>	<b>IRSC Body Conditioning</b>	<b>FREE TO ALL FITNESS SUITE MEMBERS £4.50 to Non-members Pre-booking required</b>
	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 – 9.00pm	Meditation and Buddhism	Kadampa Meditation Centre 0151 726 8900 Meditationinliverpool.org.uk
Tuesday	6.00 – 7.00pm	Yoga	Anne Blower anne.blower@blueyonder.co.uk
	5.15 – 8.00pm	Limelight Speech and Drama Academy	Helen Williams 07890987587 LimelightLiverpool@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
	7.00 – 8.30pm	Yoga	Karen Hughes Karen@theyoga-place.co.uk 07517 423 080
	<b>7.20 – 8.00pm</b>	<b>IRSC Resistance Circuit Training</b>	<b>FREE TO ALL FITNESS SUITE MEMBERS £4.50 to Non-members Pre-booking required</b>
	8.00 – 9.00pm	Adult mixed Tap and Jazz	Kerry Sexton 07753 359 995 kls1703@gmail.com
Thursday	<b>6.10 – 6.40pm</b>	<b>IRSC HIIT (High Intensity Interval Training)</b>	<b>FREE TO ALL FITNESS SUITE MEMBERS £4.50 to Non-members Pre-booking required</b>
	6.45 – 9.00pm	Liverpool Karate Academy	Peter Watson 07432 017 262 liverpoolkarateacademy@outlook.com
	7.00 – 8.00pm	Antenatal Pilates	Elizabeth Lee peaklevelpilates@gmail.com
	7.00 – 8.00pm	Yoga	Alison Doherty 07463 493 334. alisondoherty46@gmail.com
Friday	<b>6.30 – 7.15pm</b>	<b>KONGA® An easy-to-follow, high intensity fusion of Boxing, Cardio, and Dance.</b>	<b>FREE TO ALL FITNESS SUITE MEMBERS £4.50 to Non-members Pre-booking required</b>
	7.00 – 8.00pm	Yoga	Gill Burke gillburke1963@hotmail.com
Saturday	9.00 – 11.00am	Children's Ballet, Tap and Modern Age 2 – 5	Kerry Sexton 07753 359 995 kls1703@gmail.com
	11.00 – 11.45am	Stay and Play Soft play for children up to 5yrs.	£3.00 per child <a href="mailto:K.brennan@merchanttaylor.com">K.brennan@merchanttaylor.com</a>
	11.15am -12.15pm	Pregnancy and Postnatal Yoga	Anne Blower anne.blower@blueyonder.co.uk
Sunday	10.00am – 10.45am	Stay and Play Soft play for children up to 5yrs.	£3.00 per child <a href="mailto:K.brennan@merchanttaylor.com">K.brennan@merchanttaylor.com</a>