

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

Day	Time	Class / Activity	Contact
Monday	6.15 – 7.00pm	<b>IRSC Body Conditioning</b>	<b>FREE TO ALL FITNESS SUITE MEMBERS</b> <b>£4.50 to Non-members. Pre-booking required</b>
	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>
Tuesday	6.00 – 7.00pm	Yoga	Anne Blower <a href="mailto:anne.blower@blueyonder.co.uk">anne.blower@blueyonder.co.uk</a>
	5.15 – 8.00pm	Limelight Speech and Drama Academy	Helen Williams 07890987587 <a href="mailto:LimelightLiverpool@outlook.com">LimelightLiverpool@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	5.45 – 6.45pm	Teen Yoga (15-18yrs)	Michele Ross 07725 314 264
	6.30 – 7.15pm	Fit Steps	Nicola Flynn 07967 826 627 <a href="mailto:nicolaflynn1@yahoo.co.uk">nicolaflynn1@yahoo.co.uk</a>
	7.00 – 8.30pm	Yoga	Karen Hughes <a href="mailto:Karen@theyoga-place.co.uk">Karen@theyoga-place.co.uk</a> 07517 423 080
	7.20 – 8.00pm	<b>IRSC Resistance Circuit Training</b>	<b>FREE TO ALL FITNESS SUITE MEMBERS</b> <b>£4.50 to Non-members. Pre-booking required</b>
	8.00 – 9.00pm	Adult mixed Tap and Jazz	Kerry Sexton 07753 359 995 <a href="mailto:kls1703@gmail.com">kls1703@gmail.com</a>
Thursday	6.10 – 6.40pm	<b>IRSC HIIT</b> <b>High Intensity Interval Training</b>	<b>FREE TO ALL FITNESS SUITE MEMBERS</b> <b>£4.50 to Non-members. Pre-booking required</b>
	6.45 – 9.00pm	Liverpool Karate Academy	Peter Watson 07432 017 262 <a href="mailto:liverpoolkarateacademy@outlook.com">liverpoolkarateacademy@outlook.com</a>
	7.00 – 8.00pm	Antenatal Pilates	Elizabeth Lee <a href="mailto:peaklevelpilates@gmail.com">peaklevelpilates@gmail.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 – 7.15pm	<b>KONGA®</b> <b>An easy-to-follow, high intensity fusion of Cardio &amp; Dance.</b>	<b>FREE TO ALL FITNESS SUITE MEMBERS</b> <b>£4.50 to Non-members. Pre-booking required</b>
	7.00 – 8.00pm	Yoga	Gill Burke <a href="mailto:gillburke1963@hotmail.com">gillburke1963@hotmail.com</a>
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>
	9.30 – 10.30am	Northern Sports Academy - Children's Football	07432 088 674 <a href="mailto:info@northernportsacademy.com">info@northernportsacademy.com</a>
	11.00 – 11.45am	Stay and Play Soft play for children up to 5yrs.	£3.00 per child <a href="mailto:K.brennan@merchanttaylors.com">K.brennan@merchanttaylors.com</a>
	11.15am - 12.15pm	Pregnancy and Postnatal Yoga	Anne Blower <a href="mailto:anne.blower@blueyonder.co.uk">anne.blower@blueyonder.co.uk</a>
Sunday	10.00am – 10.45am	Stay and Play Soft play for children up to 5yrs.	£3.00 per child <a href="mailto:K.brennan@merchanttaylors.com">K.brennan@merchanttaylors.com</a>