

Ian Robinson Sports Centre (IRSC) Fitness Class Timetable

Day	Time	Class	Contact	Gym Cube Virtual Classes
Monday	6.15 – 7.00pm	IRSC Body Conditioning	SUITE MEMBERS £4.50 to Non-members. Pre-booking required	Beginner Pilates 5.15 – 5.45pm
	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	Fat Burn 8.15-8.45pm
Tuesday	6.00 – 7.00pm	Yoga	Anne Blower anne.blower@blueyonder.co.uk	Slim & Tone: 5.15 – 5.45pm
	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	Abs, Ass & Arms 5.30 – 6.00pm
	7.00 – 8.30pm	Yoga	Karen Hughes Karen@theyoga-place.co.uk 07517 423 080	
	7.20 – 8.00pm	IRSC Resistance Circuit Training	£4.50 to Non-members. Pre-booking required	
	8.00 – 9.00pm	Adult mixed Tap and Jazz	Kerry Sexton 07753 359 995 kls1703@gmail.com	
Thursday	6.10 – 6.40pm	IRSC HIIT High Intensity Interval Training	£4.50 to Non-members. Pre-booking required	90-60-30 Workout 5.15 – 5.45pm
	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	6.30 – 7.15pm	KONGA® An easy-to-follow, high intensity fusion of Cardio & Dance.	£4.50 to Non-members. Pre-booking required	Abs and Core: 5.30-6pm Fat Burn: 8.15-8.45pm
	7.00 – 8.00pm	Yoga	Gill Burke gillburke1963@hotmail.com	
Saturday	11.15am - 12.15pm	Pregnancy and Postnatal Yoga	Anne Blower anne.blower@blueyonder.co.uk	Cardio Drills & Core: 2.30-3pm
Sunday				Slim & Tone: 9.15-9.45pm Beginner Pilates: 10.15-10.45am 90-60-30 Workout: 1-1.30pm

Gym Cube Virtual Classes Information

Title	Difficulty	Calorie Burn
Fat Burn	4	300
Cardio Drills & Core	3	280
Slim & Tone	4	300
Abs, Ass & Arms	2	250
90-60-30 Workout	3	300
Abs and Core	2	300
Beginner Pilates	1	155

Key	Free to All IRSC members
------------	---------------------------------

All information and advice that supports the GymCube classes is provided by GymCube and not Merchant Taylors' Schools.

PTO for our Children's Activity Timetable

Children's Activity Timetable

Day	Time	Activity	Contact
Tuesday	5.15 – 8.00pm	Limelight Speech and Drama Academy	Helen Williams 07890987587 LimelightLiverpool@outlook.com
Thursday	6.45 – 9.00pm	Liverpool Karate Academy	Peter Watson 07432 017 262 liverpoolkarateacademy@outlook.com
Saturday	9.00 – 11.00am	Children's Ballet, Tap and Modern Age 2 – 5	Kerry Sexton 07753 359 995 kls1703@gmail.com
	9.30 – 10.30am	Northern Sports Academy - Children's Football	07432 088 674 info@northernsportsacademy.com
	11.00 – 11.45am	Stay and Play Soft play for children up to 5yrs.	£3.00 per child K.brennan@merchanttaylor.com
Sunday	9.00am – 1.00pm	Marina Football Academy	marinaacademy@outlook.com
	10.00 – 10.45am	Stay and Play Soft play for children up to 5yrs.	£3.00 per child K.brennan@merchanttaylor.com