

Frank Myler Pavilion

June 2024

To book on any of the classes at the Frank Myler Pavilion, please contact the activity leader. Please book in advance as spaces are limited.
If you are interested in hiring the exercise hall for a sport or physical activity please call the
Frank Myler Pavilion on 0151 511 8282 or email FMenquiries@halton.gov.uk

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Contact</u>
Monday	10-11AM	Stay Fit With Chris	Chris - 07563665956
Monday	4:30-5:30PM	Girls Wildcats football £2	Colin- 0151 511 4012
Monday	5-6PM	Acro (4-11yrs)	Sam- 07840503471
Monday	6-7PM	Walk Fit Run Fit	Colin- 0151 511 4012
Monday	7-8PM	Stewart Fitness Kettlehiit	Katie- 07383408378 Booking Essential
Tuesday	10-11AM	Mature Movers	Sam- 07840503471
Tuesday	1:15-2:15PM	Chair Based Exercise Yoga	Janet - 07871155740
Tuesday	2:30-3:45PM	Gentle Yoga	Janet - 07871155740
Tuesday	5-6PM	Kids Football £2	Colin- 0151 511 4012
Tuesday	6-7PM	Men's Walking Football	Colin- 0151 511 4012
Tuesday	6-7PM	WKKA Karate	Mike- 07976230080
Tuesday	7-8PM	Emma Stubbs Yoga	Emma – 07834356264
Wednesday	9:30-10:15AM	Strictly Come Dance Fit	FitStream-07710509186
Wednesday	10:15-11AM	Toning Class	FitStream-07710509186
Wednesday	2-3PM	Active Bingo £2	Paula -0151 511 8550
Wednesday	6-7PM	Kettle Extra	Katie- 07383408378
Wednesday	7-8PM	Emma Stubbs Yoga	Emma – 07834356264
Thursday	10:30-11:30AM	Stay Fit with Chris	Chris - 07563665956
Thursday	4:30-5PM	Mini Movers (2-4yrs)	Sam- 07840503471
Thursday	5-6PM	Street Dance (4-6yrs)	Sam- 07840503471
Thursday	6-7PM	Street Dance (7-10yrs)	Sam- 07840503471
Thursday	6-7PM	Walk Fit Run Fit	Colin- 0151 511 4012
Thursday	7-8PM	HulaHula Fun NEW CLASS	Amy- 07772816500
Friday	10-11AM	Gentle Tai Chi	Peter Tam- 07958286068

