

IN PARTNERSHIP WITH



OUR FIRST AFTER SCHOOL TASTER CLASSES ARE NOW LIVE FOR BOOKING

INTRODUCING OUR COACHES



KIERAN IS A PERSONAL TRAINER & BOXING COACH WITH OVER 15 YEARS EXPERIENCE IN COACHING & MENTORING. HE COACHES IN GYMS, SCHOOLS & BOXING CLUBS IN THE COMMUNITY & IS PASSIONATE ABOUT HELPING CHILDREN BECOME THE BEST VERSION OF THEMSELVES BY BECOMING MORE CONFIDENT, HEALTHIER & HAPPIER



RACHEL IS A YOGA TEACHER &
PERSONAL TRAINER AND ALSO DELIVERS
WOMEN'S CIRCLES & WORKSHOPS.
RACHEL IS PASSIONATE ABOUT HELPING
PEOPLE OF ALL AGES THROUGH YOGA
PRACTICE, CONNECTING & TUNING IN
WITH YOURSELF, AS WELL AS BUILDING
STRENGTH & FLEXIBILITY



AMY IS A MUSICAL THEATRE GRADUATE &
HAS TAUGHT IN UNIVERSITIES & DANCE
SCHOOLS. AMY HAS WORKED
PROFESSIONALLY IN FILM & TV FOR THE
LAST 4 YEARS AND IS PASSIONATE
ABOUT EDUCATING CHILDREN & YOUNG
PEOPLE ABOUT THE INDUSTRY & HOW
MANY DIFFERENT OPPORTUNITIES THERE
ARE WITHIN ARTS

CLASSES WILL BE LOCATED AT BLACKLOW BROW SCHOOL HUYTON, L36 5XW

