

# St Peters Leisure Centre

Sat 7th Feb

**Indoor Cycling**  
9:30AM - 10:15AM

**Strength Development**  
10:30AM - 11:15AM

**Les Mills Shapes**  
11:30AM - 12:15PM

Sun 8th Feb

No classes

**Les Mills BODYATTACK**  
9:30AM - 10:30AM

**Les Mills BODYPUMP**  
10:30AM - 11:30AM

**Pilates**  
11:45AM - 12:45PM

**Indoor Cycling**  
12:00PM - 12:45PM

**Easy Mix**  
1:15PM - 2:00PM

**Indoor Cycling**  
6:00PM - 6:45PM

**Les Mills BODYCOMBAT**  
6:00PM - 7:00PM

**Les Mills BODYPUMP**  
7:00PM - 8:00PM

**Water Fitness**  
7:10PM - 7:55PM

Mon 9th Feb

**Indoor Cycling**  
9:30AM - 10:15AM

**Legs, Bums and Tums**  
10:30AM - 11:30AM

**Buggy Bootcamp**

**Indoor Cycling**  
12:15PM - 1:00PM

**Indoor Cycling**

**Les Mills BODYSTEP**  
6:00PM - 7:00PM

**Les Mills Shapes**  
7:00PM - 7:45PM

**Les Mills BODYPUMP**  
7:00PM - 8:00PM

**Water Fitness**

Tue 10th Feb

**Indoor Cycling**  
9:30AM - 10:15AM

**Les Mills BODYPUMP**  
9:30AM - 10:30AM

**Les Mills BODYBALANCE**

**HIIT Step**  
12:15PM - 1:00PM

**Indoor Cycling**

**Les Mills BODYCOMBAT**  
6:00PM - 7:00PM

**Les Mills Shapes**  
7:00PM - 7:45PM

**Bootcamp**  
6:15PM - 7:00PM

**Water Fitness**

Wed 11th Feb

**Bootcamp**  
8:30AM - 9:15AM

**Les Mills BODYPUMP**  
9:30AM - 10:30AM

**Les Mills BODYBALANCE**  
10:40AM - 11:40AM

**HIIT Circuit**  
12:15PM - 1:00PM

**Indoor Cycling**

**Les Mills BODYCOMBAT**  
6:00PM - 7:00PM

**Les Mills Shapes**  
7:00PM - 7:45PM

**Bootcamp**  
6:15PM - 7:00PM

**Water Fitness**

Thu 12th Feb

**Strength Development**  
8:30AM - 9:15AM

**HIIT Circuit**  
9:30AM - 10:15AM

**Indoor Cycling**  
9:30AM - 10:15AM

**Les Mills BODYBALANCE X-PRESS**  
10:20AM - 10:50AM

**Yoga**  
12:00PM - 1:00PM

**Bootcamp**  
12:15PM - 1:00PM

**Les Mills BODYPUMP**  
6:00PM - 7:00PM

Fri 13th Feb

**Indoor Cycling**  
9:30AM - 10:15AM

**Les Mills BODYATTACK**  
9:30AM - 10:30AM

**Les Mills BODYPUMP**  
10:30AM - 11:30AM

**Buggy Bootcamp**  
11:15AM - 12:00PM

**Les Mills BODYBALANCE**  
11:45AM - 12:30PM

**Water Fitness**  
3:00PM - 3:45PM

**Indoor Cycling**  
6:00PM - 6:45PM

## HOW TO BOOK

You can scan one of the QR codes below to book online via Leisure Hub, or book via the BLC app or at reception.

I have, or have had, a Burnley Leisure card but need to register for an online Burnley Leisure Hub account



I'm new and would like to register for an online Burnley Leisure Hub account



For health and safety reasons you will need to be in the class in time for the warm-up. If the class has already started, you may be refused entry by the instructor.

# BLC COMMUNITY CLASSES

NO NEED TO BOOK

MON

CLASS	TIME	WHERE
Strength and Stability	11:00 - 11:45	Prairie Sports Village
Circuit (Beginners)	10:45 - 11:30	St Peter's Leisure Centre

TUES

Fit Steps	08:30 - 09:15	Padiham Leisure Centre
Ladies Circuit	10:00 - 11:00	Chai Centre
Tai Chi (Beginners)	10:00 - 11:00	Finsley Gate Wharf
Active Hive	10:00 - 12:00	The Hive
Tai Chi (Intermediate)	11:15 - 12:15	Finsley Gate Wharf
Water Wellbeing (Beginners)	14:00 - 14:45	St Peter's Leisure Centre
Circuit (Beginners)	18:00 - 18:45	Prairie Sports Village

WED

Strength and Stability	09:45 - 10:30	The Zone Burnley
Circuit (Beginners)	13:30 - 14:15	St Peter's Leisure Centre
FitSteps	10:00 - 11:00	Mechanics Basement Studio
Active Adults	10:00 - 12:00	St Peter's Leisure Centre
Ladies Strength and Stability	13:00 - 14:00	Chai Centre
Circuit (Beginners)	13:15 - 14:00	Padiham Leisure Centre

THURS

## HEALTHY WEIGHT SESSIONS

For details on BLC's popular and effective **FREE** Healthy Weight classes, programmes and weigh-ins please call **01282 477127** or visit the Burnley Leisure & Culture website [www.blcgroup.co.uk](http://www.blcgroup.co.uk).

FOR MORE INFORMATION,  
SCAN THE QR CODES



For Class Descriptions



Padiham Leisure Centre Class Timetable



St Peter's Leisure Centre Class Timetable

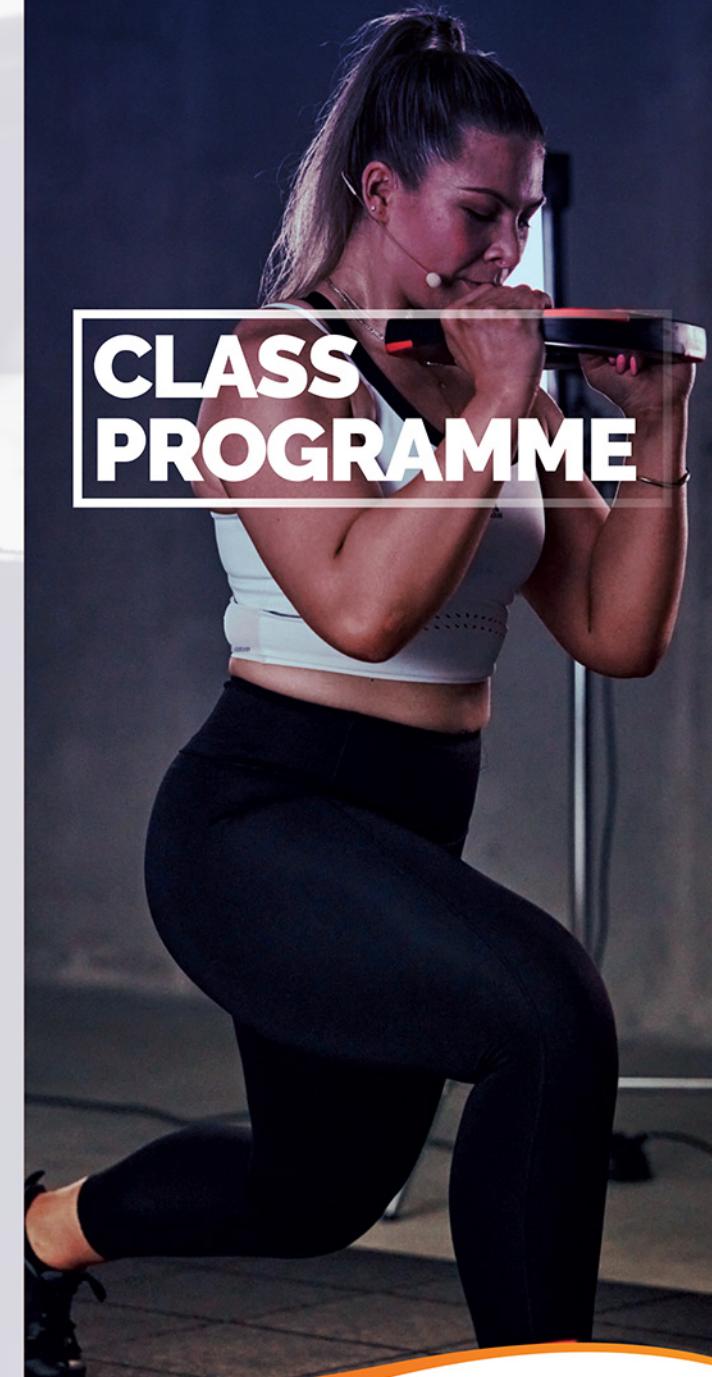


For Membership Information



[www.blcgroup.co.uk](http://www.blcgroup.co.uk)

## CLASS PROGRAMME



[blcgroup.co.uk](http://blcgroup.co.uk) | Tel: 01282 664444

 Burnley  
leisure & culture