St Peters Leisure Centre

Thu 30th Oct	Fri 31st Oct	Sat 1st Nov	Sun 2nd Nov	Mon 3rd Nov	Tue 4th Nov	Wed 5th Nov
Strength Development 8:30AM - 9:15AM	Indoor Cycling 9:30AM - 10:15AM	Indoor Cycling 9:30AM - 10:15AM	Les Mills BODYPUMP 9:30AM - 10:30AM	Les Mills BODYATTACK 9:30AM - 10:30AM	Indoor Cycling 9:30AM - 10:15AM	Bootcamp 8:30AM - 9:15AM
HIIT Circuit 9:30AM - 10:15AM	Les Mills BODYATTACK 9:30AM - 10:30AM	Strength Development 10:30AM - 11:15AM	Les Mills BODYBALANCE 10:30AM - 11:30AM	Les Mills BODYPUMP 10:30AM - 11:30AM	Legs, Bums and Tums 10:30AM - 11:30AM	Les Mills BODYPUMP 9:30AM - 10:30AM
Indoor Cycling 9:30AM - 10:15AM	Les Mills BODYPUMP 10:30AM - 11:30AM	Les Mills Shapes 11:30AM - 12:15PM		Pilates 11:45AM - 12:45PM	Buggy Bootcamp 11:00AM - 11:45AM	Les Mills BODYBALANCE 10:40AM - 11:40AM
Les Mills BODYBALANCE X-PRESS 10:20AM - 10:50AM	Buggy Bootcamp 11:15AM - 12:00PM			Indoor Cycling 12:00PM - 12:45PM	HIIT Step 12:15PM - 1:00PM	HIIT Circuit 12:15PM - 1:00PM
Yoga 12:00PM - 1:00PM	Les Mills BODYBALANCE 11:45AM - 12:30PM			Easy Mix 1:15PM - 2:00PM	Indoor Cycling 6:00PM - 6:45PM	Indoor Cycling 5:30PM - 6:15PM
Bootcamp 12:15PM - 1:00PM	Water Fitness 3:00PM - 3:45PM			Indoor Cycling 6:00PM - 6:45PM	Les Mills BODYSTEP 6:00PM - 7:00PM	Les Mills BODYCOMBAT 6:00PM - 7:00PM
Les Mills BODYPUMP 6:00PM - 7:00PM	Indoor Cycling 6:00PM - 6:45PM			Les Mills BODYCOMBAT 6:00PM - 7:00PM	Les Mills Shapes 7:00PM - 7:45PM	Bootcamp 6:15PM - 7:00PM
				HIIT Step 6:15PM - 6:45PM		Beginners Yoga 7:10PM - 7:40PM
				Les Mills BODYPUMP 7:00PM - 8:00PM		Water Fitness 7:15PM - 8:00PM
				Water Fitness 7:10PM - 7:55PM		

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

	CLASS	TIME	WHERE	
MON	Strength and Stability	11:00 - 11:45	Prairie Sports Village	
Σ	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	
THURS	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	
	Circuit (Beginners) Strength and Stability Circuit (Beginners) FitSteps Active Adults Ladies Strength and Stability	18:00 - 18:45 09:45 - 10:30 13:30 - 14:15 10:00 - 11:00 10:00 - 12:00 13:00 - 14:00	Prairie Sports Village The Zone Burnley St Peter's Leisure Centre Mechanics Basement Stud St Peter's Leisure Centre Chai Centre	

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.

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



