

St Peters Leisure Centre

Thu 18th Dec	Fri 19th Dec	Sat 20th Dec	Sun 21st Dec	Mon 22nd Dec	Tue 23rd Dec	Wed 24th Dec
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	No classes
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	
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	HIIT Step 12:15PM - 1:00PM	
Les Mills BODYBALANCE X-PRESS 10:20AM - 10:50AM	Buggy Bootcamp 11:15AM - 12:00PM			Indoor Cycling 12:00PM - 12:45PM	Les Mills BODYSTEP 6:00PM - 7:00PM	
Yoga 12:00PM - 1:00PM	Les Mills BODYBALANCE 11:45AM - 12:30PM			Indoor Cycling 6:00PM - 6:45PM	Les Mills BODYBALANCE 7:00PM - 8:00PM	
Bootcamp 12:15PM - 1:00PM	Water Fitness 3:00PM - 3:45PM			Les Mills BODYCOMBAT 6:00PM - 7:00PM		
Les Mills BODYPUMP 6:00PM - 7:00PM	Indoor Cycling 6:00PM - 6:45PM			Les Mills BODYPUMP 7:00PM - 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
	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
	WaterWellbeing (Beginners)	14:00 - 14:45	St Peter's Leisure Centre
WED	Circuit (Beginners)	18:00 - 18:45	Prairie Sports Village
	Strength and Stability	09:45 - 10:30	The Zone Burnley
	Circuit (Beginners)	13:30 - 14:15	St Peter's Leisure Centre
THURS	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

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

CLASS PROGRAMME

