

St Peters Leisure Centre

Sat 19th Jul	Sun 20th Jul	Mon 21st Jul	Tue 22nd Jul	Wed 23rd Jul	Thu 24th Jul	Fri 25th Jul
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	Strength Development 8:30AM - 9:15AM	Indoor Cycling 9:30AM - 10:15AM
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	HIIT Circuit 9:30AM - 10:15AM	Les Mills BODYATTACK 9:30AM - 10:30AM
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	Indoor Cycling 9:30AM - 10:15AM	Les Mills BODYPUMP 10:30AM - 11:30AM
		Indoor Cycling 12:00PM - 12:45PM	HIIT Step 12:15PM - 1:00PM	HIIT Circuit 12:15PM - 1:00PM	Les Mills BODYBALANCE X-PRESS 10:20AM - 10:50AM	Buggy Bootcamp 11:15AM - 12:00PM
		Indoor Cycling 6:00PM - 6:45PM	Easy Mix 1:30PM - 2:15PM	Indoor Cycling 5:30PM - 6:15PM	Yoga 12:00PM - 1:00PM	Les Mills BODYBALANCE 11:45AM - 12:30PM
		Les Mills BODYCOMBAT 6:00PM - 7:00PM	Indoor Cycling 6:00PM - 6:45PM	Les Mills BODYCOMBAT 6:00PM - 7:00PM	Bootcamp 12:15PM - 1:00PM	Water Fitness 3:00PM - 3:45PM
		HIIT Step 6:15PM - 6:45PM	Les Mills BODYSTEP 6:00PM - 7:00PM	Bootcamp 6:15PM - 7:00PM	Les Mills BODYPUMP 6:00PM - 7:00PM	Indoor Cycling 6:00PM - 6:45PM
		Les Mills BODYPUMP 7:00PM - 8:00PM	Les Mills Shapes 7:00PM - 7:45PM	Water Fitness 7:15PM - 8:00PM	Yoga 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	Circuit (Low Mobility)	10:00 - 10:45	Prairie Sports Village
	Seated Exercise	11:00 - 11:45	Prairie Sports Village
	Circuit (Beginners)	10:45 - 11:30	St Peter's Leisure Centre
TUES	Ladies Tone Zone	10:00 - 11:00	Chai Centre
	Tai Chi (Beginners)	10:00 - 11:00	Finsley Gate Wharf
	Tai Chi (Intermediate)	11:15 - 12:15	Finsley Gate Wharf
	Circuit (Beginners)	18:00 - 18:45	St Peter's Leisure Centre
WED	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 Circuit	13:00 - 14:00	Chai Centre
	Circuit (Beginners)	13:15 - 14:00	Padiham Leisure Centre
FRI	FitSteps	08:30 - 09:15	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

