

St Peters Leisure Centre

Wed 16th Apr	Thu 17th Apr	Fri 18th Apr	Sat 19th Apr	Sun 20th Apr	Mon 21st Apr	Tue 22nd Apr
Bootcamp 8:30AM - 9:15AM	Strength Development 8:30AM - 9:15AM	Les Mills BODYPUMP 10:30AM - 11:30AM	Indoor Cycling 9:30AM - 10:15AM	Les Mills BODYPUMP 9:30AM - 10:30AM	Les Mills BODYPUMP 10:30AM - 11:30AM	Indoor Cycling 9:30AM - 10:15AM
Les Mills BODYPUMP 9:30AM - 10:30AM	HIIT Circuit 9:30AM - 10:15AM	Les Mills BODYBALANCE 11:45AM - 12:30PM	Strength Development 10:30AM - 11:15AM	Les Mills BODYBALANCE 10:30AM - 11:30AM	Pilates 12:15PM - 1:15PM	Legs, Bums and Tums 10:30AM - 11:30AM
Les Mills BODYBALANCE 10:30AM - 11:30AM	Indoor Cycling 9:30AM - 10:15AM					Buggy Bootcamp 11:00AM - 11:45AM
HIIT Circuit 12:15PM - 1:00PM	Les Mills BODYBALANCE X-PRESS 10:20AM - 10:50AM					HIIT Step 12:15PM - 1:00PM
Indoor Cycling 5:30PM - 6:15PM	Yoga 12:00PM - 1:00PM					Easy Mix 1:30PM - 2:15PM
Les Mills BODYCOMBAT 6:00PM - 7:00PM	Bootcamp 12:15PM - 1:00PM					Indoor Cycling 6:00PM - 6:45PM
Bootcamp 6:15PM - 7:00PM	Les Mills BODYPUMP 6:00PM - 7:00PM					Les Mills BODYSTEP 6:00PM - 7:00PM
Water Fitness 7:15PM - 8:00PM	Yoga 7:00PM - 8:00PM					Les Mills Shapes 7:00PM - 7:45PM

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

FOR MORE INFORMATION,
SCAN THE QR CODES

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



For Class Descriptions



Padiham Leisure Centre Class Timetable



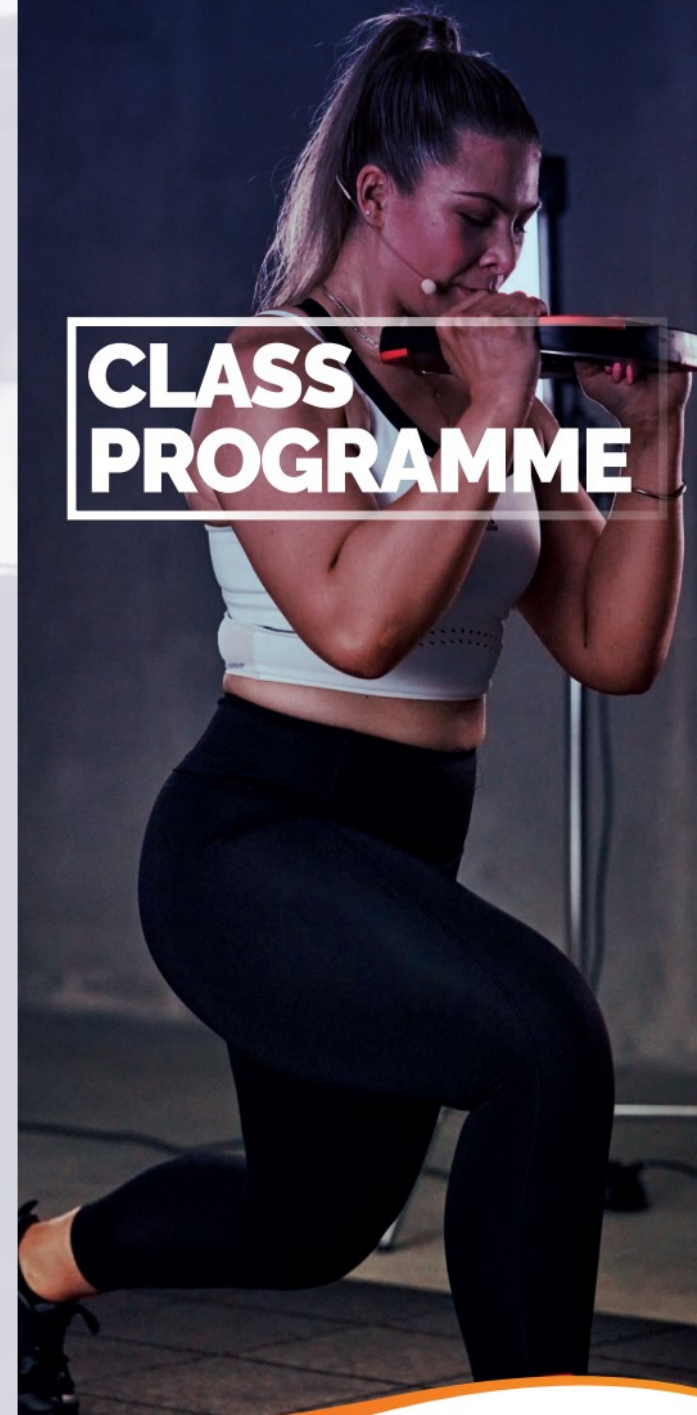
St Peter's Leisure Centre Class Timetable



For Membership Information



CLASS PROGRAMME



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.



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