

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

Mon 9th Feb

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

Tue 10th Feb

Indoor Cycling
9:30AM - 10:15AM

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

Buggy Bootcamp
11:00AM - 11:45AM

HIIT Step
12:15PM - 1:00PM

Indoor Cycling
6:00PM - 6:45PM

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

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

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
5:30PM - 6:15PM

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

Bootcamp
6:15PM - 7:00PM

Water Fitness
7:15PM - 8:00PM

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

	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

