

St Peters Leisure Centre

Sun 17th May	Mon 18th May	Tue 19th May	Wed 20th May	Thu 21st May	Fri 22nd May	Sat 23rd May
Les Mills BODYPUMP 9:30AM - 10:30AM	Virtual Water Fitness 7:30AM - 8:15AM	Virtual Water Fitness 7:30AM - 8:15AM	Virtual Water Fitness 7:30AM - 8:00AM	Virtual Water Fitness 7:30AM - 8:15AM	Virtual Water Fitness 7:30AM - 8:15AM	Indoor Cycling 9:30AM - 10:15AM
Les Mills BODYBALANCE 10:30AM - 11:30AM	Les Mills BODYATTACK 9:30AM - 10:30AM	Aeromix 9:30AM - 10:15AM	Bootcamp 8:30AM - 9:15AM	Strength Development 8:30AM - 9:15AM	Indoor Cycling 9:30AM - 10:15AM	Dance 10:30AM - 11:15AM
Ladies Only Virtual Water Fitness 4:30PM - 5:30PM	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 BODYATTACK 9:30AM - 10:30AM	
	Pilates 11:45AM - 12:45PM	Legs, Bums and Tums 10:30AM - 11:30AM	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	Buggy Bootcamp 11:00AM - 11:45AM	HIIT Circuit 12:15PM - 1:00PM	Les Mills BODYBALANCE X-PRESS 10:20AM - 10:50AM	Buggy Bootcamp 11:15AM - 12:00PM	
	Easy Mix 1:15PM - 2:00PM	HIIT Step 12:15PM - 1:00PM	Indoor Cycling 5:30PM - 6:15PM	Yoga 12:00PM - 1:00PM	Les Mills BODYBALANCE 11:45AM - 12:30PM	
	Virtual Water Fitness 2:45PM - 3:15PM	Indoor Cycling 6:00PM - 6:45PM	Les Mills BODYCOMBAT 6:00PM - 7:00PM	Bootcamp 12:15PM - 1:00PM	Water Fitness 3:00PM - 3:45PM	
	Indoor Cycling 6:00PM - 6:45PM	Les Mills BODYSTEP 6:00PM - 7:00PM	Bootcamp 6:15PM - 7:00PM	Virtual Water Fitness 3:00PM - 3:45PM	Indoor Cycling 6:00PM - 6:45PM	
	Les Mills BODYCOMBAT 6:00PM - 7:00PM	Les Mills Shapes 7:00PM - 7:45PM	Water Fitness 7:15PM - 8:00PM	Les Mills BODYPUMP 6:00PM - 7:00PM		
	HIIT Step 6:15PM - 6:45PM	Virtual Water Fitness 7:35PM - 8:20PM				
	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
	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
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

