

Padiham Leisure Centre

| Mon 29th Jun | Tue 30th Jun | Wed 1st Jul | Thu 2nd Jul | Fri 3rd Jul | Sat 4th Jul | Sun 5th Jul |
|--|--|---|--|---|--|-------------|
| Dance 9:30AM - 10:15AM | Indoor Cycling 9:30AM - 10:15AM | Aeromix 9:30AM - 10:15AM | Legs, Bums and Tums 9:30AM - 10:20AM | Indoor Cycling 9:00AM - 9:45AM | Les Mills BODYPUMP 9:30AM - 10:30AM | No classes |
| Indoor Cycling 9:30AM - 10:15AM | Les Mills BODYATTACK 9:30AM - 10:30AM | Les Mills BODYBALANCE 10:30AM - 11:25AM | Les Mills BODYSTEP 10:30AM - 11:15AM | Les Mills BODYATTACK 9:30AM - 10:30AM | Les Mills BODYCOMBAT 10:30AM - 11:30AM | |
| Les Mills BODYPUMP 10:30AM - 11:30AM | Pilates 10:30AM - 11:30AM | Les Mills BODYPUMP 11:25AM - 12:10PM | Les Mills Shapes 11:15AM - 12:00PM | Les Mills BODYBALANCE 10:30AM - 11:30AM | Les Mills Shapes 11:30AM - 12:15PM | |
| Core Conditioning 11:30AM - 12:00PM | Strength Development 11:30AM - 12:15PM | Water Fitness 12:25PM - 1:10PM | Tai Chi 12:00PM - 1:00PM | Pilates 11:30AM - 12:30PM | | |
| HIIT Circuit 5:30PM - 6:10PM | Strength Development 5:30PM - 6:15PM | HIIT Step 6:00PM - 6:30PM | Les Mills BODYATTACK 5:30PM - 6:15PM | Water Fitness 12:00PM - 12:45PM | | |
| Les Mills BODYCOMBAT 6:10PM - 7:00PM | Indoor Cycling 6:15PM - 7:00PM | Les Mills BODYBALANCE 6:30PM - 7:30PM | Indoor Cycling 6:15PM - 7:00PM | | | |
| Indoor Cycling 6:15PM - 7:00PM | Legs, Bums and Tums 6:15PM - 7:15PM | Swimfit+ 6:45PM - 7:45PM | Les Mills BODYPUMP 6:15PM - 7:00PM | | | |
| Les Mills BODYPUMP 7:00PM - 8:00PM | | | | | | |

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

