

# Padiham Leisure Centre

Mon 11th May	Tue 12th May	Wed 13th May	Thu 14th May	Fri 15th May	Sat 16th May	Sun 17th May
<b>Dance</b> 9:30AM - 10:15AM	<b>Indoor Cycling</b> 9:30AM - 10:15AM	<b>Aeromix</b> 9:30AM - 10:15AM	<b>Legs, Bums and Tums</b> 9:30AM - 10:20AM	<b>Indoor Cycling</b> 9:00AM - 9:45AM	<b>Les Mills BODYPUMP</b> 9:30AM - 10:30AM	No classes
<b>Indoor Cycling</b> 9:30AM - 10:15AM	<b>Les Mills BODYATTACK</b> 9:30AM - 10:30AM	<b>Les Mills BODYBALANCE</b> 10:30AM - 11:25AM	<b>Les Mills BODYSTEP</b> 10:30AM - 11:15AM	<b>Les Mills BODYATTACK</b> 9:30AM - 10:30AM	<b>Les Mills BODYCOMBAT</b> 10:30AM - 11:30AM	
<b>Les Mills BODYPUMP</b> 10:30AM - 11:30AM	<b>Pilates</b> 10:30AM - 11:30AM	<b>Les Mills BODYPUMP</b> 11:25AM - 12:10PM	<b>Les Mills Shapes</b> 11:15AM - 12:00PM	<b>Les Mills BODYBALANCE</b> 10:30AM - 11:30AM	<b>Les Mills Shapes</b> 11:30AM - 12:15PM	
<b>Core Conditioning</b> 11:30AM - 12:00PM	<b>Strength Development</b> 11:30AM - 12:15PM	<b>Water Fitness</b> 12:25PM - 1:10PM	<b>Tai Chi</b> 12:00PM - 1:00PM	<b>Pilates</b> 11:30AM - 12:30PM		
<b>Water Fitness</b> 12:00PM - 12:45PM	<b>Strength Development</b> 5:30PM - 6:15PM	<b>HIIT Step</b> 6:00PM - 6:30PM	<b>Les Mills BODYATTACK</b> 5:30PM - 6:15PM	<b>Water Fitness</b> 12:00PM - 12:45PM		
<b>HIIT Circuit</b> 5:30PM - 6:10PM	<b>Indoor Cycling</b> 6:15PM - 7:00PM	<b>Les Mills BODYBALANCE</b> 6:30PM - 7:30PM	<b>Indoor Cycling</b> 6:15PM - 7:00PM			
<b>Les Mills BODYCOMBAT</b> 6:10PM - 7:00PM	<b>Legs, Bums and Tums</b> 6:15PM - 7:15PM	<b>Swimfit+</b> 6:45PM - 7:45PM	<b>Les Mills BODYPUMP</b> 6:15PM - 7:00PM			
<b>Indoor Cycling</b> 6:15PM - 7:00PM						
<b>Les Mills BODYPUMP</b> 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](http://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](http://www.blcgroup.co.uk)

# CLASS PROGRAMME

