

Padiham Leisure Centre

Sat 31st Jan

Les Mills BODYPUMP
9:30AM - 10:30AM

Les Mills BODYCOMBAT
10:30AM - 11:30AM

Sun 1st Feb

No classes

Mon 2nd Feb

Dance
9:30AM - 10:15AM

Tue 3rd Feb

Indoor Cycling
9:30AM - 10:15AM

Wed 4th Feb

Tue 3rd Feb

Aeromix
9:30AM - 10:15AM

Thu 5th Feb

Legs, Bums and Tums
9:30AM - 10:20AM

Fri 6th Feb

Indoor Cycling
9:00AM - 9:45AM

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 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

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

Water Fitness
12:00PM - 12:45PM

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

HIIT Circuit
5:30PM - 6:10PM

Indoor Cycling
6:15PM - 7:00PM

Les Mills BODYBALANCE
6:30PM - 7:30PM

Indoor Cycling
6:15PM - 7:00PM

Les Mills BODYCOMBAT
6:10PM - 7:00PM

Legs, Bums and Tums
6:15PM - 7:15PM

Les Mills BODYPUMP
6:15PM - 7:00PM

Indoor Cycling
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

MON

CLASS	TIME	WHERE
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
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

THURS

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

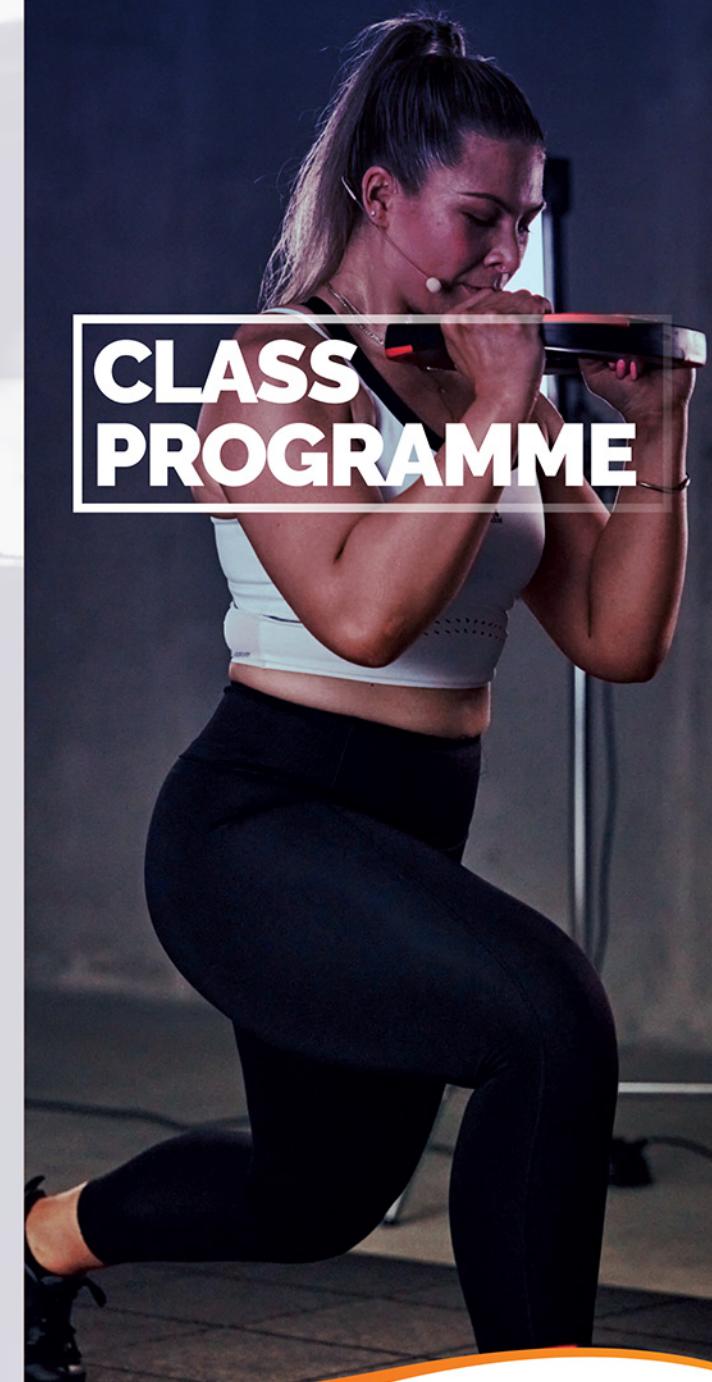


For Membership Information



www.blcgroup.co.uk

CLASS PROGRAMME



blcgroup.co.uk | Tel: 01282 664444

 Burnley
leisure & culture