

Padiham Leisure Centre

Fri 12th Dec	Sat 13th Dec	Sun 14th Dec	Mon 15th Dec	Tue 16th Dec	Wed 17th Dec	Thu 18th Dec
Indoor Cycling 9:00AM - 9:45AM	Les Mills BODYPUMP 9:30AM - 10:30AM	No classes	Dance 9:30AM - 10:15AM	Indoor Cycling 9:30AM - 10:15AM	Aeromix 9:30AM - 10:15AM	Legs, Bums and Tums 9:30AM - 10:20AM
Les Mills BODYATTACK 9:30AM - 10:30AM	Les Mills BODYCOMBAT 10:30AM - 11:30AM		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 BODYBALANCE 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
Pilates 11:30AM - 12:30PM			Core Conditioning 11:30AM - 12:00PM	Strength Development 11:30AM - 12:15PM	Water Fitness 12:25PM - 1:10PM	Tai Chi 12:00PM - 1:00PM
Water Fitness 12:00PM - 12:45PM			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
			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

	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

