

# St Peters Leisure Centre

Wed 14th May	Thu 15th May	Fri 16th May	Sat 17th May	Sun 18th May	Mon 19th May	Tue 20th May
<b>Bootcamp</b> 8:30AM - 9:15AM	<b>Strength Development</b> 8:30AM - 9:15AM	<b>Indoor Cycling</b> 9:30AM - 10:15AM	<b>Indoor Cycling</b> 9:30AM - 10:15AM	<b>Les Mills BODYPUMP</b> 9:30AM - 10:30AM	<b>Les Mills BODYATTACK</b> 9:30AM - 10:30AM	<b>Indoor Cycling</b> 9:30AM - 10:15AM
<b>Les Mills BODYPUMP</b> 9:30AM - 10:30AM	<b>HIIT Circuit</b> 9:30AM - 10:15AM	<b>Les Mills BODYATTACK</b> 9:30AM - 10:30AM	<b>Strength Development</b> 10:30AM - 11:15AM	<b>Les Mills BODYBALANCE</b> 10:30AM - 11:30AM	<b>Les Mills BODYPUMP</b> 10:30AM - 11:30AM	<b>Legs, Bums and Tums</b> 10:30AM - 11:30AM
<b>Les Mills BODYBALANCE</b> 10:30AM - 11:30AM	<b>Indoor Cycling</b> 9:30AM - 10:15AM	<b>Les Mills BODYPUMP</b> 10:30AM - 11:30AM	<b>Les Mills Shapes</b> 11:30AM - 12:15PM		<b>Pilates</b> 11:45AM - 12:45PM	<b>Buggy Bootcamp</b> 11:00AM - 11:45AM
<b>HIIT Circuit</b> 12:15PM - 1:00PM	<b>Les Mills BODYBALANCE X-PRESS</b> 10:20AM - 10:50AM	<b>Buggy Bootcamp</b> 11:15AM - 12:00PM			<b>Indoor Cycling</b> 12:00PM - 12:45PM	<b>HIIT Step</b> 12:15PM - 1:00PM
<b>Indoor Cycling</b> 5:30PM - 6:15PM	<b>Yoga</b> 12:00PM - 1:00PM	<b>Les Mills BODYBALANCE</b> 11:45AM - 12:30PM			<b>Indoor Cycling</b> 6:00PM - 6:45PM	<b>Easy Mix</b> 1:30PM - 2:15PM
<b>Les Mills BODYCOMBAT</b> 6:00PM - 7:00PM	<b>Bootcamp</b> 12:15PM - 1:00PM	<b>Water Fitness</b> 3:00PM - 3:45PM			<b>Les Mills BODYCOMBAT</b> 6:00PM - 7:00PM	<b>Indoor Cycling</b> 6:00PM - 6:45PM
<b>Bootcamp</b> 6:15PM - 7:00PM	<b>Les Mills BODYPUMP</b> 6:00PM - 7:00PM	<b>Indoor Cycling</b> 6:00PM - 6:45PM			<b>HIIT Step</b> 6:15PM - 6:45PM	<b>Les Mills BODYSTEP</b> 6:00PM - 7:00PM
<b>Water Fitness</b> 7:15PM - 8:00PM	<b>Yoga</b> 7:00PM - 8:00PM				<b>Les Mills BODYPUMP</b> 7:00PM - 8:00PM	<b>Les Mills Shapes</b> 7:00PM - 7:45PM
					<b>Water Fitness</b> 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

FOR MORE INFORMATION,  
SCAN THE QR CODES

NO NEED TO BOOK

	CLASS	TIME	WHERE
MON	Circuit (Low Mobility)	10:00 - 10:45	Prairie Sports Village
	Seated Exercise	11:00 - 11:45	Prairie Sports Village
	Circuit (Beginners)	10:45 - 11:30	St Peter's Leisure Centre
TUES	Ladies Tone Zone	10:00 - 11:00	Chai Centre
	Tai Chi (Beginners)	10:00 - 11:00	Finsley Gate Wharf
	Tai Chi (Intermediate)	11:15 - 12:15	Finsley Gate Wharf
	Circuit (Beginners)	18:00 - 18:45	St Peter's Leisure Centre
WED	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 Circuit	13:00 - 14:00	Chai Centre
	Circuit (Beginners)	13:15 - 14:00	Padiham Leisure Centre
FRI	FitSteps	08:30 - 09:15	Padiham Leisure Centre



For Class Descriptions



Padiham Leisure Centre Class Timetable



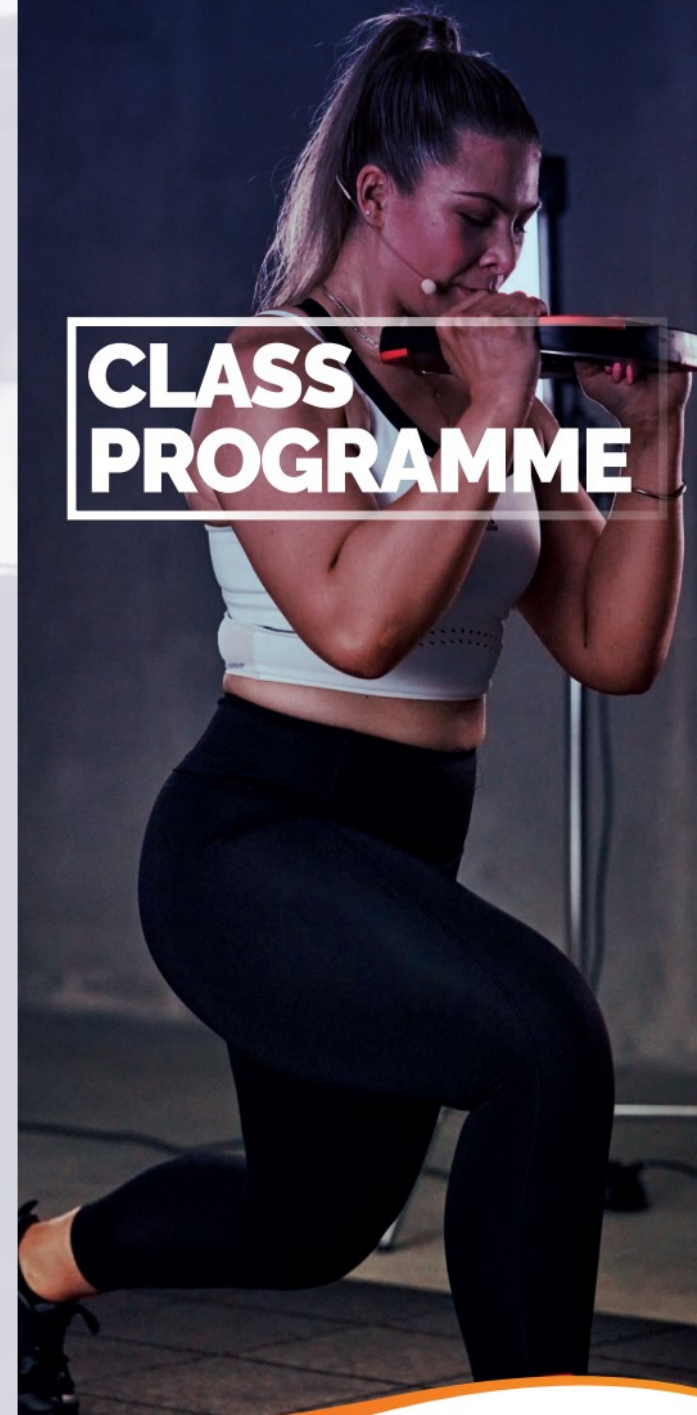
St Peter's Leisure Centre Class Timetable



For Membership Information



# CLASS PROGRAMME



## 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).



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