

BLC COMMUNITY CLASSES

NO NEED TO BOOK

	CLASS / TIME	WHERE
MON	Ladies tone zone - 10:00 - 11:00	Chai Centre
	Circuit (Beginners) - 10:45 - 11:30	St Peter's Leisure Centre
	Seated exercise - 13:00 - 13:45	Burnley Central Library
	FitSteps - 18:00 - 19:00	St Peter's Leisure Centre
TUES	Tai Chi (Beginners) - 10:00 - 11:00	Finsley Gate Wharf
	Seated Exercise - 10:00 - 11:00	Prairie Sports Village
	Tai Chi (Intermediate) - 11:15 - 12:15	Finsley Gate Wharf
	Health Walk (Volunteer Led) - 13:00 - 14:00	Burnley Town Hall
	Circuit (Low Mobility) - 13:30 - 14:15	Belmont Community Centre
	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
	Strength and Flex with relaxation - 11:30 - 12:30	Mechanics Basement Studio
	Ladies circuit - 13:00 - 14:00	Chai Centre
	Circuit (Beginners) - 13:15 - 14:00	Padiham Leisure Centre
FRI	FitSteps - 10:00 - 11:00	Unitarian Church

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.

VIRTUAL INDOOR CYCLING

MONDAY

6.45AM
9.30AM
19.00PM

FRIDAY

6.45AM
9.30AM
12.00PM

TUESDAY

8.00AM
12.00PM
18.00PM

SATURDAY

12.00PM
14.30PM
16.00PM

WEDNESDAY

6.45AM
9.30AM
12.00PM

SUNDAY

11.00AM
14.30PM
16.00PM

THURSDAY

12.00PM
19.00PM

St Peter's
leisure centre

CLASS PROGRAMME

AT ST PETER'S LEISURE CENTRE



► blcgroup.co.uk

Tel: 01282 664444

Burnley
leisure & culture

MORNING

NOON

EVENING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HIITSTEP (G)
09:00 - 09:30

Aeromix (ST) 09:30 - 10:30

BODYPUMP (ST)
10:30 - 11:30

Indoor Cycling (CS)
09:30 - 10:15

LBT (ST)
10:30 - 11:30

Buggy Bootcamp (SH)
11:00 - 11:45

NEW HIITCIRCUIT (G)
08:30 - 09:15

BODYPUMP (ST)
09:30 - 10:30

BODYBALANCE (ST)
10:30 - 11:30

NEW HIITSTEP (G)
08:45 - 09:15

Indoor Cycling (CS)
09:30 - 10:15

NEW HIITCIRCUIT (ST)
09:30 - 10:15

Active Adults (SH)
10:00 - 12:00

BODYBALANCE X-Press (ST)
10:30 - 11:00

BODYATTACK (ST)
09:30 - 10:30

BODYPUMP (ST)
10:30 - 11:30

Buggy Bootcamp (SH)
11:15 - 12:00

BODYBALANCE (ST)
11:40 - 12:25

Indoor Cycling (ST)
09:30 - 10:15

Strength Development (ST)
10:30 - 11:15

BODYPUMP (ST)
09:30 - 10:30

BODYBALANCE (ST)

Indoor Cycling (CS)
12:00 - 12:45

Aqua Lite (P)
12:00 - 12:45

HIITSTEP (ST)
12:15 - 13:00

NEW HIITCIRCUIT (ST)
12:15 - 13:00

Pilates (ST)
12:00 - 13:00

Bootcamp (SH)
12:15 - 13:00

Water Fitness (P)
15:00 - 15:45

Indoor Cycling (CS)
18:00 - 18:45

FitSteps (SH2)
18:00 - 19:00

BODYCOMBAT (ST)
18:00 - 19:00

HIITSTEP (G)
18:15pm - 18:45

NEW BOX12 (G)
18:50 - 19:20

Water Fitness (P)
19:00 - 19:45

BODYPUMP (ST)
19:00 - 20:00

NEW HIITCIRCUIT (G)
17:45 - 18:30

NEW Indoor Cycling (ST)
18:00 - 18:45

BODYATTACK (ST)
18:00 - 19:00

NEW Strength Development (G)
19:00 - 19:45

BODYBALANCE (ST)
19:00 - 20:00

Indoor Cycling (CS)
17:30 - 18:15

BODYCOMBAT (ST)
18:00 - 19:00

Bootcamp (SH)
18:15 - 19:00

Water Fitness (P)
19:15 - 20:00

Indoor Cycling (CS)
18:00 - 18:45

BODYPUMP (ST)
18:00 - 19:00

Yoga
19:00 - 20:00

NEW BOX12 (G)
19:00 - 19:30

Pregnancy appropriate classes

Programmed classes are subject to change.

PSV

Pilates
10:00 - 11:00

KEY

ST

STUDIO

SH

SPORTS HALL

SH2

SPORTS HALL2

CS

CYCLE STUDIO

PSV

PRAIRIE SPORTS VILLAGE

P

POOL

G

GYM

Couch to 5K

Regular start dates see @burnleyleisure facebook page for more details

Active Football

Mondays and Fridays 11 - 12.30
£2.50 per session at Prairie Sports Village

HOW TO BOOK

You can now book all of your classes with us when it's convenient for you; whether you are new to using Leisure Hub or not, just scan one of the QR codes below.

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.

For up to date class information visit
blcgroup.co.uk/timetables