BLC COMMUNITY CLASSES

NO NEED TO BOOK

CLASS / TIME

WHERE

MON

Seated Exercise - 10:00 - 10:45

Circuit (Beginners) - 10:45 - 11:30

FitSteps - 18:00 - 19:00

Prairie Sports Village

St Peter's Leisure Centre

St Peter's Leisure Centre

Chai Centre

Finslev Gate Wharf

Finslev Gate Wharf

Belmont Community Centre

St Peter's Leisure Centre

Mechanics Basement Studio

St Peter's Leisure Centre
Chai Centre

TUES

Ladies tone zone - 10:00 - 11:00

Tai Chi (Beginners) - 10:00 - 11:00

Tai Chi (Intermediate) - 11:15 - 12:15

Circuit (Low Mobility) - 13:30 - 14:15

Circuit (Beginners) - 18:00 - 18:45

Circuit (Beginners) - 13.30 - 14.15

St Peter's Leisure Centre

THURS

WED

FitSteps - 10:00 - 11:00

Active Adults- 10:00 - 12::00

Ladies circuit - 13:00 - 14:00

Circuit (Beginners) - 13:15 - 14:00

FRI

FitSteps - 10:00 - 11:00

Unitarian Church

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.

VIRTUAL INDOOR CYCLING

MONDAY

9.30AM 14.00PM

TUESDAY

10.00AM 12.00PM

WEDNESDAY

10.30AM 12.00PM

18.00PM

THURSDAY

8.30AM 10.00AM 12.00PM

FRIDAY

12.00PM 18.00PM

SATURDAY

10.45PM 14.30PM

SUNDAY

11.00AM 16.00PM

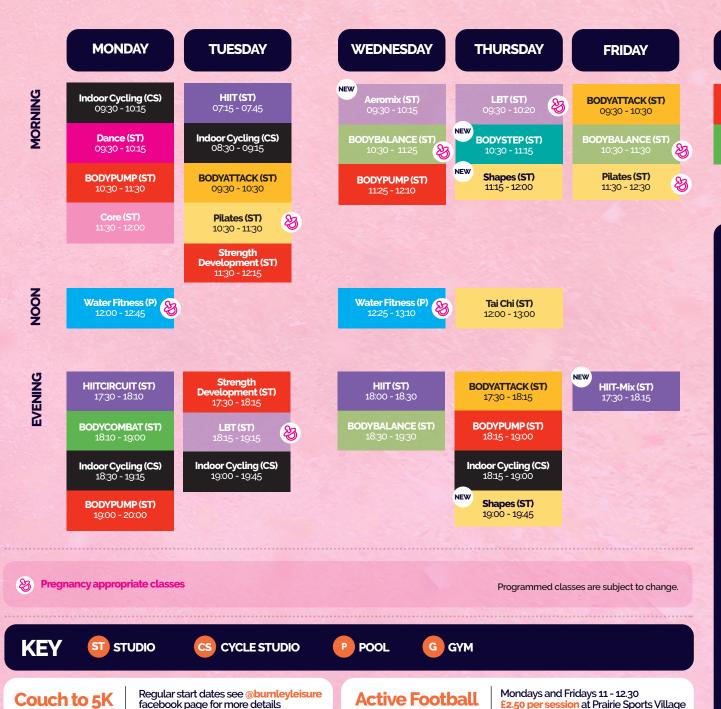


CLASS PROGRAMME

AT PADIHAM LEISURE CENTRE







SATURDAY

BODYPUMP (ST) 09:30 - 10:30

BODYCOMBAT (ST)

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