

BLC COMMUNITY CLASSES

NO NEED TO BOOK

	CLASS / TIME	WHERE
MON	Seated Exercise - 10:00 - 10:45	Prairie Sports Village
	Circuit (Beginners) - 10:45 - 11:30	St Peter's Leisure Centre
	FitSteps - 18:00 - 19:00	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 (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
	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

9.30AM
14.00PM

FRIDAY

12.00PM
18.00PM

TUESDAY

10.00AM
12.00PM

SATURDAY

10.45PM
14.30PM

WEDNESDAY

10.30AM
12.00PM
18.00PM

SUNDAY

11.00AM
16.00PM

THURSDAY

8.30AM
10.00AM
12.00PM



CLASS PROGRAMME

AT PADIHAM LEISURE CENTRE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Indoor Cycling (CS) 09:30 - 10:15	HIIT (ST) 07:15 - 07:45	NEW Aeromix (ST) 09:30 - 10:15	LBT (ST) 09:30 - 10:20	BODYATTACK (ST) 09:30 - 10:30	BODYPUMP (ST) 09:30 - 10:30
	Dance (ST) 09:30 - 10:15	Indoor Cycling (CS) 08:30 - 09:15	BODYBALANCE (ST) 10:30 - 11:25	NEW BODYSTEP (ST) 10:30 - 11:15	BODYBALANCE (ST) 10:30 - 11:30	BODYCOMBAT (ST) 10:30 - 11:30
	BODYPUMP (ST) 10:30 - 11:30	BODYATTACK (ST) 09:30 - 10:30	BODYPUMP (ST) 11:25 - 12:10	NEW Shapes (ST) 11:15 - 12:00	Pilates (ST) 11:30 - 12:30	
	Core (ST) 11:30 - 12:00	Pilates (ST) 10:30 - 11:30				
	Strength Development (ST) 11:30 - 12:15					
NOON	Water Fitness (P) 12:00 - 12:45		Water Fitness (P) 12:25 - 13:10	Tai Chi (ST) 12:00 - 13:00		
EVENING	HIITCIRCUIT (ST) 17:30 - 18:10	Strength Development (ST) 17:30 - 18:15	HIIT (ST) 18:00 - 18:30	BODYATTACK (ST) 17:30 - 18:15	NEW HIIT-Mix (ST) 17:30 - 18:15	
	BODYCOMBAT (ST) 18:10 - 19:00	LBT (ST) 18:15 - 19:15	BODYBALANCE (ST) 18:30 - 19:30	BODYPUMP (ST) 18:15 - 19:00		
	Indoor Cycling (CS) 18:30 - 19:15	Indoor Cycling (CS) 19:00 - 19:45		Indoor Cycling (CS) 18:15 - 19:00		
	BODYPUMP (ST) 19:00 - 20:00			NEW Shapes (ST) 19:00 - 19:45		

 Pregnancy appropriate classes

Programmed classes are subject to change.

KEY

ST STUDIO

CS CYCLE STUDIO

P POOL

G GYM

Couch to 5K

Regular start dates see [@burnleyleisure](https://www.facebook.com/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