

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

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










CLASS PROGRAMME



AT ST PETER'S LEISURE CENTRE



MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	HIITSTEP (G) 09:00 - 09:30	Indoor Cycling (CS) 09:30 - 10:15	^{NEW} BOOTCAMP (G) 08:30 - 09:15	HIITSTEP (G) 08:45 - 09:15	BODYATTACK (ST) 09:30 - 10:30	Indoor Cycling (ST) 09:30 - 10:15	BODYPUMP (ST) 09:30 - 10:30
	BODYATTACK (ST) 09:30 - 10:30	LBT (ST) 	BODYPUMP (ST) 09:30 - 10:30	Indoor Cycling (CS) 09:30 - 10:15	BODYPUMP (ST) 10:30 - 11:30	Strength Development (ST) 10:30 - 11:15	BODYBALANCE (ST) 
	BODYPUMP (ST) 10:30 - 11:30	Buggy Bootcamp (SH) 	BODYBALANCE (ST) 10:30 - 11:30	HIITCIRCUIT (ST) 09:30 - 10:15	Buggy Bootcamp (SH) 	^{NEW} Shapes (ST) 11:30 - 12:15	
	Pilates 			Active Adults (SH) 10:00 - 12:00	BODYBALANCE (ST) 		
				BODYBALANCE X-Press (ST) 			

NOON

Indoor Cycling (CS) 12:00 - 12:45	Aqua Lite (P) 	HIITCIRCUIT (ST) 12:15 - 13:00	Pilates (ST) 	Water Fitness (P) 
	HIITSTEP (ST) 12:15 - 13:00		Bootcamp (SH) 12:15 - 13:00	

EVENING

Indoor Cycling (CS) 18:00 - 18:45	HIITCIRCUIT (G) 17:45 - 18:30	Indoor Cycling (CS) ^{NEW} 17:30 - 18:15	HIITSTEP (G) 18:00 - 18:30	Indoor Cycling (CS) 18:00 - 18:45
FitSteps (SH2) 18:00 - 19:00	Indoor Cycling (ST) 18:00 - 18:45	BODYCOMBAT (ST) 18:00 - 19:00	BODYPUMP (ST) 18:00 - 19:00	
BODYCOMBAT (ST) 18:00 - 19:00	^{NEW} BODYSTEP (ST) 18:00 - 19:00	Bootcamp (SH) 18:15 - 19:00	Yoga 19:00 - 20:00	
HIITSTEP (G) 18:15pm - 18:45	^{NEW} Shapes (ST) 19:00 - 19:45	Water Fitness (P) 		
Water Fitness (P) 				
BODYPUMP (ST) 19:00 - 20:00				

 Pregnancy appropriate classes

Programmed classes are subject to change.

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

KEY

 STUDIO  SPORTS HALL  SPORTS HALL2  CYCLE STUDIO  POOL  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