BLC COMMUNITY CLASSES

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)	13:00 - 13:45	Padiham Leisure Centre
	Circuit (Beginners)	18:00 - 18:45	Prairie Sports Village
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

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.**

FOR MORE INFORMATION, SCAN THE QR CODES

For Class Descriptions

Padiham Leisure Centre Class Timetable

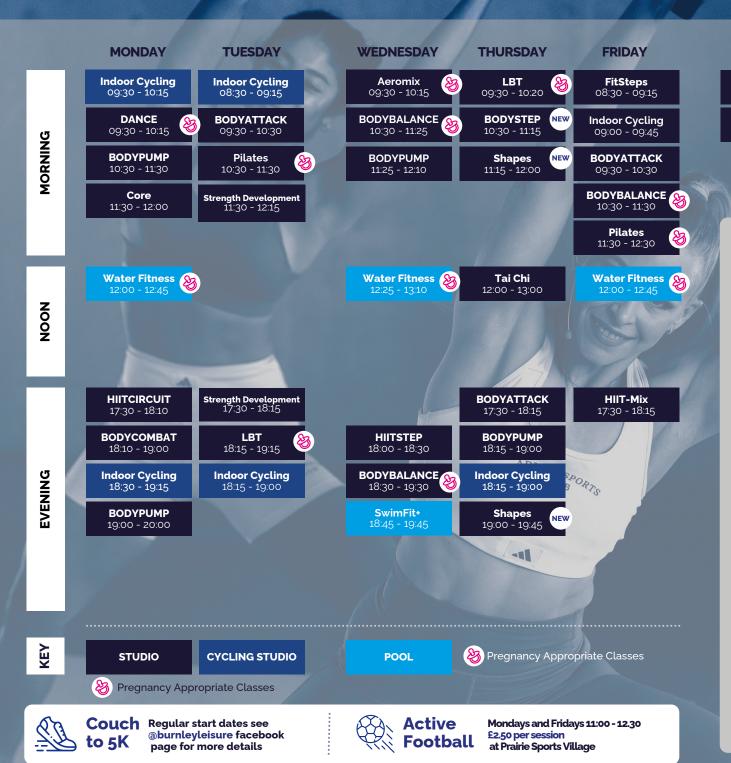St Peter's Leisure Centre Class Timetable

For Membership Information

f **X** **◎** www.blcgroup.co.uk

Padiham leisure centre

CLASS PROGRAMME

AT PADIHAM LEISURE CENTRE

Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Indoor Cycling 09:30 - 10:15	Indoor Cycling 08:30 - 09:15	Aeromix 09:30 - 10:15 🤰	LBT 09:30 - 10:20 🤰	FitSteps 08:30 - 09:15	BODYPUMP 09:30 - 10:30
	DANCE 09:30 - 10:15 🤰	BODYATTACK 09:30 - 10:30	BODYBALANCE 10:30 - 11:25 🤰	BODYSTEP **NEW** 10:30 - 11:15	Indoor Cycling 09:00 - 09:45	BODYCOMBAT 10:30 - 11:30
	BODYPUMP 10:30 - 11:30	Pilates 10:30 - 11:30 🤰	BODYPUMP 11:25 - 12:10	Shapes **NEW** 11:15 - 12:00	BODYATTACK 09:30 - 10:30	
	Core 11:30 - 12:00	Strength Development 11:30 - 12:15			BODYBALANCE 10:30 - 11:30 🤰	
					Pilates 11:30 - 12:30 🤰	
NOON	Water Fitness 12:00 - 12:45 🤰		Water Fitness 12:25 - 13:10 🤰	Tai Chi 12:00 - 13:00	Water Fitness 12:00 - 12:45 🤰	
EVENING	HIITCIRCUIT 17:30 - 18:10	Strength Development 17:30 - 18:15		BODYATTACK 17:30 - 18:15	HIIT-Mix 17:30 - 18:15	
	BODYCOMBAT 18:10 - 19:00	LBT 18:15 - 19:15 🤰	HIITSTEP 18:00 - 18:30	BODYPUMP 18:15 - 19:00		
	Indoor Cycling 18:30 - 19:15	Indoor Cycling 18:15 - 19:00	BODYBALANCE 18:30 - 19:30 🤰	Indoor Cycling 18:15 - 19:00		
	BODYPUMP 19:00 - 20:00		SwimFit+ 18:45 - 19:45	Shapes **NEW** 19:00 - 19:45		

KEY

STUDIO | **CYCLING STUDIO** | **POOL** | 🤰 Pregnancy Appropriate Classes

🤰 Pregnancy Appropriate Classes

Couch to 5K — Regular start dates see @burnleyleisure facebook page for more details

Active Football — Mondays and Fridays 11:00 - 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.

Scan the QR to download our app today for all class bookings

Scan the QR and register for for your leisure hub account today

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 Water Fitness, BODYPUMP, Strength Development and Indoor Cycling you will need to arrive 5 minutes prior to the class starting.

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