

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MORNING	<b>Indoor Cycling</b> 09:30 - 10:15 <b>DANCE</b> 09:30 - 10:15 <b>BODYPUMP</b> 10:30 - 11:30 <b>Core</b> 11:30 - 12:00	<b>Indoor Cycling</b> 09:30 - 10:15 <b>BODYATTACK</b> 09:30 - 10:30 <b>Pilates</b> 10:30 - 11:30 <b>Strength Development</b> 11:30 - 12:15	<b>Aeromix</b> 09:30 - 10:15 <b>BODYBALANCE</b> 10:30 - 11:20 <b>BODYPUMP</b> 11:25 - 12:10	<b>LBT</b> 09:30 - 10:20 <b>BODYSTEP</b> 10:30 - 11:15 <b>Shapes</b> 11:15 - 12:00	<b>FitSteps</b> 08:30 - 09:15 <b>Indoor Cycling</b> 09:00 - 09:45 <b>BODYATTACK</b> 09:30 - 10:30 <b>BODYBALANCE</b> 10:30 - 11:30 <b>Pilates</b> 11:30 - 12:30	<b>BODYPUMP</b> 09:30 - 10:30 <b>BODYCOMBAT</b> 10:30 - 11:30	
NOON	<b>Water Fitness</b> 12:00 - 12:45		<b>Water Fitness</b> 12:25 - 13:10	<b>Tai Chi</b> 12:00 - 13:00	<b>Water Fitness</b> 12:00 - 12:45		
EVENING	<b>HIITCIRCUIT</b> 17:30 - 18:10 <b>BODYCOMBAT</b> 18:10 - 19:00 <b>Indoor Cycling</b> 18:30 - 19:15 <b>BODYPUMP</b> 19:00 - 20:00	<b>Strength Development</b> 17:30 - 18:15 <b>LBT</b> 18:15 - 19:15 <b>Indoor Cycling</b> 18:15 - 19:00	<b>HIITSTEP</b> 18:00 - 18:30 <b>BODYBALANCE</b> 18:30 - 19:25 <b>SwimFit+</b> 18:45 - 19:45	<b>BODYATTACK</b> 17:30 - 18:15 <b>BODYPUMP</b> 18:15 - 19:00 <b>Indoor Cycling</b> 18:15 - 19:00			
KEY	<b>STUDIO</b>	<b>CYCLING STUDIO</b>	<b>POOL</b>	Pregnancy Appropriate Classes			

Pregnancy Appropriate Classes

## 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 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](http://blcgroup.co.uk/timetables)

**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