

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	BODYATTACK 09:30 - 10:30	Indoor Cycling 09:30 - 10:15	Bootcamp 08:30 - 09:15	Strength Development 08:30 - 09:15	Indoor Cycling 09:30 - 10:15	Indoor Cycling 09:30 - 10:15	BODYPUMP 09:30 - 10:30
	BODYPUMP 10:30 - 11:30	LBT 10:30 - 11:30	BODYPUMP 09:30 - 10:30	Indoor Cycling 09:30 - 10:15	BODYATTACK 09:30 - 10:30	Strength Development 10:30 - 11:15	BODYBALANCE 10:30 - 11:30
	Pilates 11:45 - 12:45	Buggy Bootcamp 11:00 - 11:45	BODYBALANCE 10:30 - 11:30	HIITCIRCUIT 09:30 - 10:15	BODYPUMP 10:30 - 11:30	Shapes 11:30 - 12:15	
				Active Adults 10:00 - 12:00	Buggy Bootcamp 11:15 - 12:00		
NOON	Indoor Cycling 12:00 - 12:45	Aqua Lite 12:00 - 12:45	HIITCIRCUIT 12:15 - 13:00	Yoga 12:00 - 13:00	Thrive 13:00 - 13:45		
		HIITSTEP 12:15 - 13:00		Bootcamp 12:15 - 13:00			
		Easy Mix 13:30 - 14:15			Water Fitness 15:00 - 15:45		
EVENING	Indoor Cycling 18:00 - 18:45	Gym Circuit 17:45 - 18:30	Indoor Cycling 17:30 - 18:15		Indoor Cycling 18:00 - 18:45		
	BODYCOMBAT 18:00 - 19:00	BODYSTEP 18:00 - 19:00	BODYCOMBAT 18:00 - 19:00	BODYPUMP 18:00 - 19:00			
	HIITSTEP 18:15 - 18:45	Indoor Cycling 18:00 - 18:45	Bootcamp 18:15 - 19:00	Yoga 19:00 - 20:00			
	BODYPUMP 19:00 - 20:00	Shapes 19:00 - 19:45	Water Fitness 19:15 - 20:00				
	Water Fitness 19:10 - 19:55						
KEY	STUDIO	GYM	POOL	SPORTS HALL	CYCLING STUDIO		

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