

Monday	Class	Where
09.30	Aero-mix	Studio
10.30	Group Power	Studio
↗ 13.00	Aqua-mix	Pool
↗ 13.15	UP&Active Circuit	Studio
18.00	Group Fight	Studio
19.00	HIT	Studio
19.30	Group Power	Studio
Tuesday	Class	Where
↗ 09.30	FitSteps®	Studio
17.30	Abbs Blast	Studio
18.00	LTB	Studio
↗ 19.00	Group RX Step	Studio
Wednesday	Class	Where
09.30	Group Centergy	Studio
↗ 10.45	UP&Active Circuit	Studio
12.00	Group Power	Studio
↗ 13.00	Aqua-mix	Pool
18.00	Group Fight	Studio
19.00	HIT	Studio
19.30	Group Centergy	Studio
Thursday	Class	Where
09.30	Group Power	Studio
↗ 11.00	Tai Chi	Studio
17.30	Abbs Blast	Studio
18.00	Group Power	Studio
↗ 19.00	LTB	Studio
Friday	Class	Where
↗ 09.30	LTB	Studio
↗ 10.45	Pilates	Studio
18.00	Group Centergy	Studio
Saturday	Class	Where
↗ 09.30	Group Power	Studio
Sunday	Class	Where
10.30	Group Fight	Studio

PADIHAM NEW CYCLE STUDIO

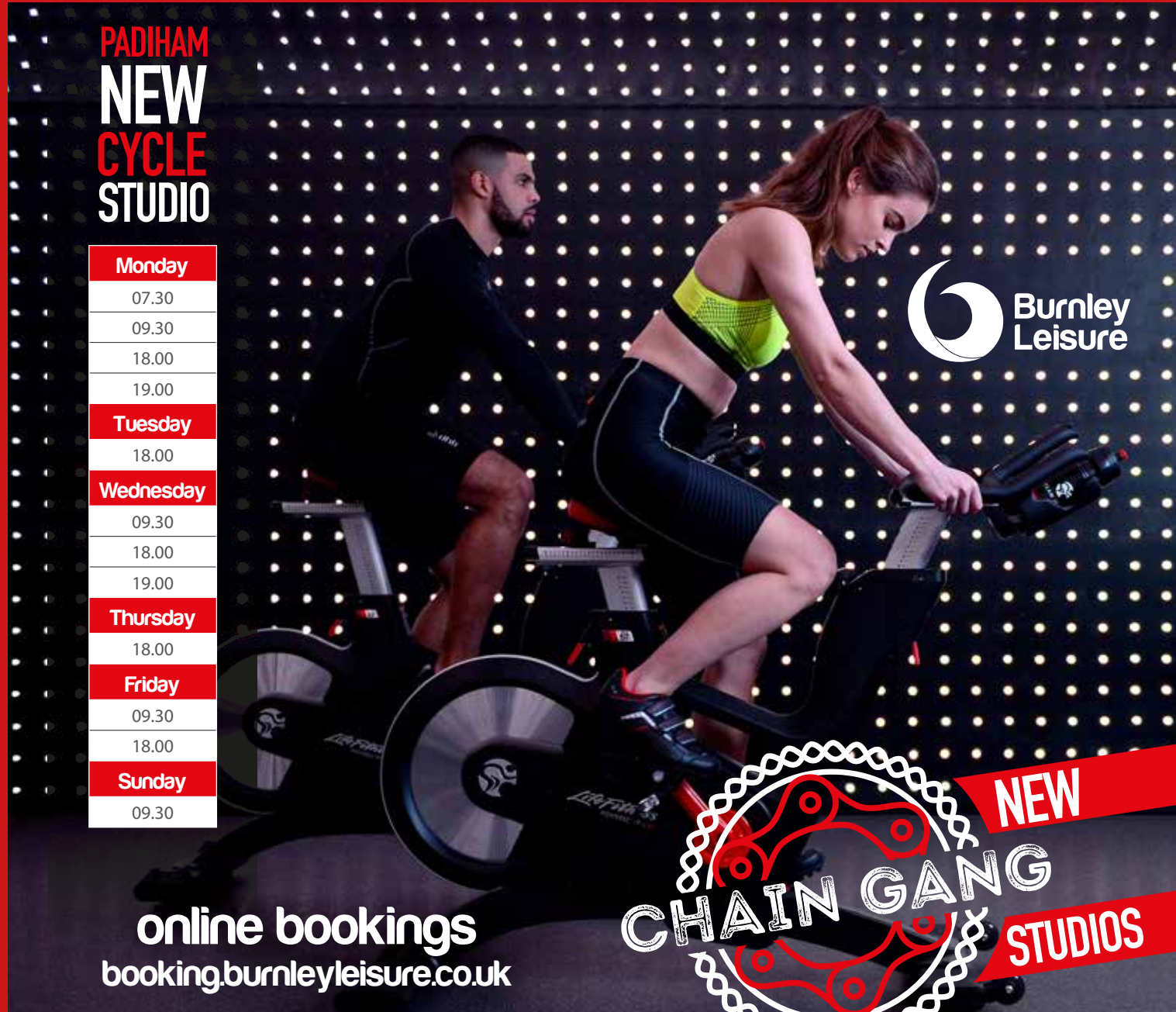
Monday
07.30
09.30
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09.30
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Sunday
09.30

online bookings
booking.burnleyleisure.co.uk



St Peter's Leisure Centre | Padiham Leisure Centre
 01282 664444    01282 477222

In partnership with Burnley Council



class programme
 DEC - MAR 2018

St Peter's Leisure Centre

Monday	Class	Where
09.30	Aero-mix	Studio 2
10 - 12.30	Active Adults	Sports Hall
10.30	Group Power	Studio 2
10.30	UP&Active Circuit (male)	Ancillary Hall
12.00	Myride	Cycle Studio
14.45	Aqua-mix	Pool
17.30	Abbs Blast	Studio 2
18.00	Myride	Cycle Studio
18.00	Group Fight	Studio 2
19.00	Synrgy	Gym
19.00	Group Power	Studio 2
19.00	Aqua-mix	Pool
20.00	Pilates	Studio 2
20.00	Swimfit+	Pool
Tuesday	Class	Where
09.30	Myride	Cycle Studio
10.30	Easy Aerobics	Studio 2
11.00	Buggy Boot Camp	Sports Hall
11.00	Stretch & Tone	Studio 2
11.45*	Line Dancing	Studio 2
12.15	Boot Camp	Sports Hall
13.30	UP&Active Circuit	Studio 2
18.00	Myride	Cycle Studio
18.00	Box Fit	Studio 2
19.00	Synrgy	Gym
19.00	Group Centergy	Studio 2
Wednesday	Class	Where
06.45	Myride	Cycle Studio
09.30	Group RX Step	Studio 2
10.30	Group Power	Studio 2
12.00	Myride	Cycle Studio
15.00	Aqua-mix	Pool
17.30	Abbs Blast	Studio 2
18.00	FitSteps®	Ancillary Hall

St Peter's Leisure Centre

Wednesday	Class	Where
18.00	Myride	Cycle Studio
18.00	Group Power	Studio 2
18.15	Boot Camp	Sports Hall
19.00	Group Centergy	Studio 2
19.00	Synrgy	Gym
19.00	Aqua-mix	Pool
Thursday	Class	Where
09.30	Myride	Cycle Studio
10 - 12.30	Active Adults	Sports Hall
10.30	Baby Ride	Cycle Studio
10.30	Easy Exercise	Studio 2
11.00	Stretch & Tone	Studio 2
11.45	Pilates	Studio 2
12.15	Boot Camp	Sports Hall
18.00	UP&Active Synrgy Circuit	Gym
18.00	Myride	Cycle Studio
18.00	HIT	BALL BREAKER @ Studio 2
18.30	Hard & Heavy	
19.00	Abbs Blast	
19.00	Synrgy	Gym
20.00	Pilates	Studio 2
Friday	Class	Where
09.30	Aero-mix	Studio 2
10.30	Group Power	Studio 2
12.00	Group Centergy	Studio 2
15.00	Aqua Mix	Pool
17.30	Group Fight	Studio 2
18.00	Myride	Cycle Studio
Saturday	Class	Where
10.00	Myride	Cycle Studio
Sunday	Class	Where
10.00	Group Power	Studio 2
11.00	Group Centergy	Studio 2



Monday	Class	Where
10.00	Health Walk	Parkside surgery(car park)
10.30*	Beginners Pilates	Prairie Sports Village
11.45*	Intermediate Pilates	Prairie Sports Village
13.30	Up&Active Seated	Prairie Sports Village
Tuesday	Class	Where
10.00	Health Walk	St Peter's Pharmacy
10.00	Up&Active Tai Chi (beginners)	Burnley United Reform Church
10.00	Weigh-in	St Peter's Leisure Centre
11.15	Up&Active Tai Chi	Burnley United Reform Church
18.00	Weigh-in	Barden Track
18.30	Couch to 5K	Barden Track
Wednesday	Class	Where
11.30	Up & Active Circuit (low level)	Vincent Farrell Community Centre
17.15	Weigh-in	St Peter's Leisure Centre
Thursday	Class	Where
10.00	Health Walk	Yorkshire Street Medical Centre (outside)
10.00	FitSteps®	Basement Studio - Mechanics Theatre
10.45	Up&Active Seated	Vincent Farrell Community Centre
17.30	Weigh-in (Gym)	St Peter's Leisure Centre

Contact the Up and Active team
on 01282 477134
info@upandactive.co.uk

REGISTER AT: upandactive.co.uk
REGULAR START DATES FOR COUCH TO 5K SESSIONS
See up and active website

* class begins week commencing 8th Jan 2018

Programmed classes subject to change.

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