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BLACKBURN SPORTS & LEISURE CENTRE

# CLASS TIMETABLE



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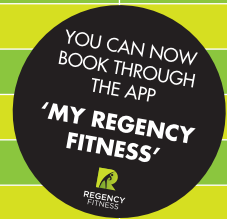
EMAIL: [blc@blackburn.gov.uk](mailto:blc@blackburn.gov.uk)

MORNING

AFTERNOON

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>SPINNING</b> 6:45 - 7:30am	<b>GRIT™ STRENGTH</b> 6:30 - 7am	<b>SPINNING</b> 6:45 - 7:30am	<b>SPIN XPRESS</b> 6:30 - 7am	<b>SPINNING</b> 6:45 - 7:30am	<b>GRIT™ STRENGTH</b> 9 - 9:30am <b>NEW</b>	<b>GRIT™ CARDIO</b> 9:10 - 9:40am
	<b>SPINNING</b> 9:30 - 10:15am	<b>CORE</b> 7:10 - 7:40am	<b>BODYBALANCE™</b> 6:45 - 7:30pm	<b>CIRCUIT XPRESS</b> <b>NEW</b> 7:10 - 7:40am	<b>BODYPUMP™</b> 6:45 - 7:30am	<b>SPINNING</b> 9:30 - 10:15am	<b>SPINNING</b> 9:45 - 10:30am
			<b>SPINNING</b> 9:30 - 10:15am			<b>BOKWA</b> 9:30 - 10:20am	<b>CIRCUIT</b> 9:45 - 10:45am
				<b>AQUA MOBILITY</b> (TERM TIME) 10:50 - 11:50am		<b>BODYPUMP™</b> 10:30 - 11:30am	<b>PIYO</b> 10:45 - 11:45am
						<b>CORE</b> 11:30 - 12pm	
	<b>NIFTY 50'S DANCE</b> <b>NEW</b> 12:20 - 1:20pm	<b>KETTLEBELLS</b> 12:20 - 12:50pm	<b>SPIN XPRESS</b> 12:10 - 12:40pm	<b>DEEP WATER FITNESS</b> (TERM TIME) 12:15 - 1:00pm	<b>CORE</b> <b>NEW</b> 12:30 - 1pm		
	<b>SPIN XPRESS</b> 12:50 - 1:20pm	<b>SPIN XPRESS</b> 1 - 1:30pm	<b>PILATES</b> 12:15 - 1:15pm	<b>CIRCUIT XPRESS</b> <b>NEW</b> 12:20 - 12:50pm	<b>SPIN XPRESS</b> 1:10 - 1:40pm		
	<b>KETTLEBELLS</b> <b>NEW</b> 1:30 - 2:00pm		<b>GRIT™ CARDIO</b> 1:25 - 1:55pm	<b>SPIN XPRESS</b> 1 - 1:30pm			
	<b>AQUA MOBILITY</b> (TERM TIME) 2 - 3pm			<b>ZUMBA</b> 1 - 1:45pm			
	<b>GRIT™ STRENGTH</b> 5:15 - 5:45pm	<b>SPINNING</b> 5 - 5:45pm	<b>GRIT™ PLYO</b> <b>NEW</b> 5:15 - 5:45pm	<b>SPINNING</b> <b>NEW</b> 5:15 - 6pm	<b>SPINNING</b> 5 - 5:45pm		
	<b>BODYPUMP™</b> 6 - 7pm	<b>GRIT™ CARDIO</b> <b>NEW</b> 5:30 - 6pm	<b>BOKWA</b> 6 - 7pm	<b>KETTLEBELLS</b> 5:15 - 6pm	<b>PILATES</b> 5 - 5:55pm		
	<b>SPINNING</b> 6:00 - 6:45pm	<b>CORE</b> 6 - 6:30pm	<b>SPINNING</b> 6 - 6:45pm	<b>METAFIT</b> 6 - 6:30pm	<b>GRIT™ STRENGTH</b> 6 - 6:30pm		
	<b>CORE</b> 7 - 7:30pm	<b>CLUBBERCISE</b> <b>NEW</b> 6 - 6:50pm	<b>YOGA</b> 7 - 8pm	<b>SWIMFIT</b> 6 - 7pm	<b>CIRCUIT</b> 6:30 - 7:30pm		
	<b>BOKWA</b> 7 - 7:50pm	<b>SPINNING</b> 6:15 - 7:00pm	<b>CORE</b> 7:30 - 8pm	<b>SPINNING</b> 6:15 - 7pm			
	<b>SPINNING</b> 7:15 - 8pm	<b>STEP AEROBICS</b> 6:30 - 7:30pm	<b>SPINNING</b> 7:15 - 8pm	<b>CORE</b> 6:30 - 7pm			
	<b>DEEP WATER FITNESS</b> 7:15 - 8:15pm	<b>LEGS, BUMS &amp; TUMS</b> 7:30 - 8pm	<b>SPLASH AEROBICS</b> 7:15 - 8pm	<b>BODYPUMP™</b> 7 - 8pm			
	<b>BODYBALANCE™</b> 7:30 - 8:30pm	<b>GRIT™ STRENGTH</b> 8:10 - 8:40pm	<b>SWIMFIT</b> 8 - 9pm				
	<b>SWIMFIT</b> 8 - 9pm		<b>GRIT™ CARDIO</b> 8:10 - 8:40pm				
			<b>DEEP WATER FITNESS</b> 8:15 - 9pm				



**TO BOOK CLASSES CONTACT (01254) 585555 OR USE THE APP 'MY REGENCY FITNESS'**  
**PLEASE QUOTE YOUR BEEZ CARD NUMBER WHEN CALLING**

