

JUL - OCT

BwD  
LEISURE



REGENCY  
FITNESS

GYM | SWIM | CLASSES | SPA | SPORT

INSANE'S



ZUMBA

LES MILLS

GRIT SERIES



DARWEN LEISURE CENTRE

# CLASS TIMETABLE

DARWEN LEISURE CENTRE, THE GREEN, DARWEN, BB3 1PW | TEL: (01254) 874900

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MORNING

AFTERNOON

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SPIN - XPRESS 7 - 7:30am	BODYPUMP™ 7 - 7:45am	SPINNING 7 - 7:45am	SPIN - XPRESS 7 - 7:30am	PILATES 7:15 - 8am	GRIT™ CARDIO 8:15 - 8:45am	PRIMAL CIRCUIT 9:15 - 10:15am
	BODYBALANCE™ 9 - 10am	SPINNING 7 - 7:45am	SWIMFIT 7 - 8am	PILATES - ADVANCED 8:30 - 9:15am	CIRCUIT 9:15 - 10am	CORE 8:45 - 9:15am	LEGS, BUMS 'N' TUMS 9:30 - 10:15am <b>NEW</b>
		PHYSICAL YOGA 9:15 - 10:15am	BODY BLAST 9:15 - 10am	PILATES - BEGINNERS 9:15 - 10:00am		BODYPUMP™ 9 - 10am	PHYSICAL YOGA 9:15 - 11:15am
		LEGS, BUMS 'N' TUMS 9:15 - 10am <b>NEW</b>	AQUA NATAL 9:45 - 10:30am	AQUA MOBILITY 11 - 11:50am		ZUMBA - BEGINNERS 9:20 - 10am	SPINNING 10:30 - 11:15am
			AQUA CIRCUIT 10:55 - 11:40am			SPINNING 9:30 - 10:15am	
						ZUMBA 10 - 11am	
						BODYBALANCE™ 10:15 - 11:15am	
						SPINNING 10:45 - 11:30am	
	SPINNING 12:15 - 1pm	SPINNING 12:15 - 1pm	SPINNING 12:15 - 1pm	SPINNING 12:15 - 1pm	SPINNING 12:15 - 1pm		
	AQUA MOBILITY 12:30 - 1:30pm	BODYBALANCE 12:15 - 1pm <b>NEW</b>		NIFTY 50'S STRETCH & TONE NIFTY 50'S 12:30 - 1:30pm	AQUA MOBILITY 12:15 - 1pm		
		NIFTY 50'S DANCE 1 - 2pm			YOGA 1:15 - 2:45pm		
	PIYO 5 - 5:50pm	GRIT™ STRENGTH 5:15 - 5:45pm	LEGS, BUMS 'N' TUMS 5:15 - 6pm <b>NEW</b>	LEGS, BUMS 'N' TUMS 5:15 - 6pm	PIYO 5:30 - 6:15pm		
	GRIT™ CARDIO 6 - 6:30pm	GRIT™ CARDIO 6 - 6:30pm	SPINNING 6 - 6:45pm	SPINNING 5:15 - 6pm	SPINNING 5:30 - 6:15pm		
	SPINNING 6 - 6:45pm	ZUMBA 6 - 7pm	ZUMBA 6 - 7pm	GRIT™ PLYO 6 - 6:30pm <b>NEW</b>	STEP AEROBICS 6 - 7pm		
	ZUMBA 6 - 7pm <b>NEW</b>	SPINNING 6 - 6:45pm	METAFIT 6 - 6:30pm <b>NEW</b>	SWIMFIT (Term time only) 6 - 7pm	SWIMFIT 6 - 7pm		
	SWIMFIT 6 - 7pm	CORE 6:30 - 7pm	CORE 6:30 - 7pm <b>NEW</b>	DANCE FITNESS 6:10 - 6:55pm <b>NEW</b>	KETTLEBELL CIRCUIT 6:15 - 7:15pm <b>NEW</b>		
	YOGA 6:30 - 8pm	SPINNING 7 - 7:45pm <b>NEW</b>	KETTLEBELL CIRCUIT 7:15 - 8:15pm <b>NEW</b>	KETTLEBELL CIRCUIT 6:15 - 7pm			
	SPINNING 7:15 - 8pm <b>NEW</b>	BODYPUMP™ 7 - 8pm	SPIN - XPRESS 7:15 - 7:45pm	CORE 6:30 - 7pm			
	BODYPUMP™ 7:15 - 8pm	COMBAT FITNESS 7 - 8pm	BODYPUMP™ 7:15 - 8:15pm	ZUMBA 7 - 8pm			
	SPLASH 7:15 - 8:15pm	SPLASH 7:15 - 8:15pm	BODYBALANCE™ 8:15 - 9:15pm	SPIN - XPRESS 7:15 - 7:45pm			
	PRIMAL CIRCUIT 8 - 8:45pm <b>NEW</b>	PILATES 8:15 - 9:15pm		BODYPUMP™ 7:15 - 8:15pm			
	PILATES 8:15 - 9pm			PRIMAL CIRCUIT 8:15 - 9pm			
				SWIMFIT 9 - 10pm			



TO BOOK CLASSES CONTACT (01254) 874900 OR USE THE APP 'MY REGENCY FITNESS' PLEASE QUOTE YOUR BEEZ CARD NUMBER WHEN CALLING