

| Day | Sessions Times | | | |
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| Monday | | 3pm - 4pm Multi Activities Blackburn Youth Zone, Jubilee St, Blackburn BB1 1EP | 6pm - 7pm - (YPF) Snooker Hall Bank Parade, Burnley BB11 1UH | 7.30pm - Movement to Music (Say2) Zoom - Code: 3747934597 |
| Tuesday | Pilates 11.30am - 12.30pm The Healing Well 17-23 Gellibrand Street Chorley, PR7 6EF Limited spaces available Contact Neil 07577033410 to book your place | 1 - 2pm Boxersize & Fitness session 2.15 - 3pm Yoga with Scott 12 - 5pm (Education, Chat & Chill with Employment opportunities) The Fighting Fitness Academy, Unit 3A Myrtle Grove Mill, Lench Rd, Waterfoot BB4 7JH Contact: Paul Becouarn 07732 156060 | 1.30pm - 2.30pm Ladies Only Yoga Haslingden Community Link, Bury Rd BB4 5PG Contact Louise 07859 739902 | 4pm - 5pm Football or Badminton Leisure Box, Glen Way, Brierfield BB9 5NH |
| | 11am - Walk & Talk Moor Park, Preston PR6 1AU | 1pm - 2pm Circuit Class Live Health & Fitness, Friday St, Chorley PR6 0AA | 11am Boxercise Mash up Alkincoats Park, Colne. Meet at the Tennis Courts (weather permitting) or at the HUB Contact Kristy 07724 644 600 | 7.00pm - Covid Stories (Say2) Film/Video Production Course Zoom - Code: 3747934597 |
| Wednesday | 10 - 12pm - Table Tennis, Pop Up Activities, Chill & Chat at Nelson Independent Church, 9 Netherfield Rd, Nelson BB9 9AW Contact Dave M 07859 739635 | 1pm Female Only Boxercise Mash up Pendle Yes Hub, Scotland Rd, Nelson Contact Kristy 07724 644 600 | 11am - 12pm Tennis/Walk & Talk Stubbylee Park, Bacup Contact Paul Becouarn 07732156060 | 2pm Cycling at Leisure Lakes Bike Hub, Butler St, Preston PR1 8BN |
| | 11.00am - Walk & Talk Leyland - Worden Park, Worden Lane PR25 3BD | 1pm Gym Session BA Fitness Trimpell S & S Club, Out Moss Lane, Morecambe LA44UP | 1pm Boxercise at Tommy's Gym, London Street Fleetwood FY7 6JL | 3pm - 4pm Ski Rossendale Rossendale Youth Works Call Cliff Adamson 07907106589 |
| | | | 2pm - 3pm Badminton St Andrews Church Hall Worden Lane, Leyland PR25 3EL | 3pm - 5pm Football Accrington Stanley Hub, Higham Playing Fields, Thorneyholme Rd, Accrington BB5 6BD |
| Thursday | 11.00am - Walk & Talk Preston - Avenham Park, South Meadow Lane PR1 8JP | 10.00am - 12.00pm Breakfast Club (Light Activities, Chill & Chat) Trinity Hub, Bankhouse Lane, Bacup OL13 OAL Contact Louise 07859 739902 | 1pm Cycling Group (bikes provided) Trinity Baptist Church, Bankhouse Lane, Bacup OL13 OAL Contact Paul Becouarn 07732 156060 | 4pm - 5pm (YPF) Kickboxing Dragons' Kickboxing Club, Unit 21, Habergham Hill, Coal Clough Lane, Burnley BB11 5BS |
| | 11am - 12 noon - Virtual Youth Hub Zoom - 784 8498 1334 Passcode: 37MW8n Contact Kristy: 07724 644600 | 12.30 - 2.30pm Shenkido - Mindfulness & Meditation. 12A Market St, Bacup or 1 - 2pm on Zoom Code 889 70951878 - Password 604261 Contact Louise 07859 739902 | 1.45pm - Mind & Body (Say2) 'Nutrition Coaching' Zoom - Code: 3747934597 | |
| Friday | 9.10am - Mimi Breath Work Live via Zoom from Bali ID: 830 3031 1209 Passcode: 605003 | | 12.00 till 1.30pm - Football Session South Meadow Lane, Preston PR18JP | 6pm - 7pm Trinity Food Bank Bankhouse Lane, Bacup OL13 OAL Contact: Louise 07859739902 |
| | | | 2-3pm - Creative Together Share Skills Swop Shop Pendle Yes Hub, Scotland Rd, Nelson | |

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| | | | Contact Kristy: 07724 644 600 | |
| Saturday | | 11am-12pm Football St Martins, University of Cumbria, Lancaster, LA13JD | | 5.00pm - LUF Lounge (Online) Facebook.com/redroserecovery |
| Sunday | | | 1.00pm Walk & Talk Morecambe Sailing Club LA4 5AS | 8pm - 9pm Bingo Live via zoom with Sharon ID: 795 428 9742 Passcode: 67839A |

