



CENTRAL LANCASHIRE TIMETABLE APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Walk & Talk 11am - 12noon Haslam Park, Blackpool Road, Preston PR2 1JE (Meet at park gates)</p>	<p>Non-Contact Boxing 10.30am- 11.30am Birch Green ABC Boxing Club, Heversham Birch Green WN8 6QQ</p>	<p>Walk & Talk 11am - 12 noon Worden Park, Worden Lane Leyland PR25 3BD</p>	<p>Walk & Talk 11am - 12 noon Avenham Park, South Meadow Lane, Preston PR1 8JP</p>	<p>Walk & Talk 10 - 11am Adlington Library, Railway Road, Chorley PR6 9RG</p>
	<p>Walk & Talk 11 am - 12 noon Moor Park, Preston PR1 6AU</p>	<p>Football 12 noon - 1pm Fylde Sports and Education Centre, Coronation Way, Mill Farm, Preston PR4 3JZ</p>	<p>Badminton 7 - 8 pm West View Leisure Centre Ribbleton Lane, Preston PR1 5EP</p>	<p>Football Session 12noon - 1.30pm Soccer City, Parker Street, Ashton-on- Ribble PR2 2AH</p>
	<p>Walk, Talk, Foraging (WTF) Tuesdays 1pm - 2.30pm Skelmersdale Ecumenical Centre (The Eccc), Northway, Birch Green, Skelmersdale WN8 6PN</p>	<p>Docks Walk & Talk 1.30 pm Riversway Preston Meet dockside at the Ribble Pilot</p>		
		<p>Gym and Circuits 1.30pm Live Health and Fitness Friday Street, Chorley PR6 0AA</p>		

For further details contact:

Paul Swarbrick: pswarbrick@activelancashire.org.uk

IN PARTNERSHIP WITH



New You

Central and North Lancashire



FOR MORE INFO VISIT: activelancashire.org.uk