



CENTRAL LANCASHIRE TIMETABLE

NOVEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>Multi Sport 12 noon - 1pm All Seasons Leisure Centre, Water St, Chorley PR7 1EX</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 9RC</p> |
| <p>Boxing 1pm-2pm Soccer City, Parker Street, Ashton on Ribble, Preston PR2 2AH</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>Yoga. 12pm Clayton Brook Village Hall, Clayton-le-Woods, Bamber Bridge PR5 8HL.</p> | <p>Football Session 12noon - 1.30pm Soccer City, Parker Street, Ashton-on- Ribble PR2 2AH</p> |
| | <p>Walk, Talk, Foraging (WTF) Tuesdays 1.30 - 2.30pm Skelmersdale Ecumenical Centre (The Eccy), Northway, Birch Green, Skelmersdale WN8 6PN</p> | <p>Docks Walk & Talk 1.30 pm Riversway Preston Meet dockside at the Ribble Pilot</p> | <p>Badminton 7 - 8 pm West View Leisure Centre Ribbleton Lane, Preston PR1 5EP</p> | |

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New You

Central and North Lancashire



FOR MORE INFO VISIT: activelancashire.org.uk