



Challenge through
Sport Initiative



Active
Lancashire

NORTH LANCASHIRE TIMETABLE

MARCH 2025

SUNDAY	MONDAY	FRIDAY	SATURDAY
<p>Walk and Talk 1pm Morecambe Battery Cafe</p>	<p>Boxing Bootcamp 12.30pm -1.30pm The Centre, St Thomas Church, Marton Street, Lancaster LA1 1XX</p>	<p>Badminton & Multisports 2:30 -3:30pm Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster. LA1 5JS</p>	<p>(3rd SATURDAY OF THE MONTH) Multi Sports & Badminton 1pm - 3pm The Well Hub, Dallas Road Lancaster LA1 1TP</p>
		<p>Making a Change Wellbeing & Nutrition Group 1 pm @ CGL Morecambe. REFERRALS ONLY Contact Tamasin Lamb : 07465 743751</p>	

IN PARTNERSHIP WITH



New You

Central and North Lancashire



**SPORT
ENGLAND**

FOR MORE INFO VISIT: activelancashire.org.uk