

# CENTRAL LANCASHIRE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Boxing Fitness</b> 1pm - 2pm Daves Gym Business Centre, Unit 2 Yarrow Rd Chorley PR6 0LP	<b>Positive Change Wellbeing Session</b> 10am - 12noon Oakham Court Preston PR1 3XP	<b>Padel Ball</b> 1pm - 2pm Padel Republic Brookfield Street Preston PR1 1NR	<b>CGL Inspire Drop-In</b> 10am - 12noon 75-79 Westgate Skelmersdale WN8 8LP	
<b>Skelmersdale Spring Into Step</b> 1pm - 2.30pm Meet outside Skelmersdale Library, Southway WN8 6NL	<b>Yoga With Kath For Men and Women</b> 1.30pm - 2.30pm The Harmony Hub 26-28 Market Street Chorley PR7 2RZ	<b>Gym and Circuits</b> 1.30pm - 2.30pm Live Health and Fitness Friday Street, Chorley PR6 0AA	<b>Yoga</b> 12.30pm - 1.30pm Foxtan Centre Off Knowsley Street, Avenham Lane, Preston PR1 3SA	
<b>Multi Sports &amp; Community Hub</b> 1.00pm - 2.30pm Tanterton Community Centre, Kidsgrove, Preston PR2 7BX	<b>Mindfulness on The Mat Yoga</b> 2pm - 3pm Skelmersdale Ecumenical Centre Northway WN8 6LU			
	<b>Boxing and Fitness</b> 2.30pm - 3.30pm Soccer City (Unit at the back) Parker Street, Preston, Ashton-on-Ribble PR2 2AH			

**For more details contact:**

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