

TIMETABLE FEBRUARY 2026

MONDAY

Walk & Talk

11am - 12noon

Haslam Park, Blackpool Road, Preston PR2 1JE
(Meet at park gates)

Boxing Fitness

1pm - 2pm

Daves Gym

Business Centre, Unit 2 Yarrow Rd
Chorley, PR6 0LP

Box Champions, Non-Contact Mentoring

2pm - 3pm

Pendle Yes Hub, Scotland Road, Nelson BB9 7UU
16 to 24 yrs only



Don't Fret- Guitar Sessions with Aaron (Beginners)

1pm - 2pm,

Pendle YES Hub, Scotland Road, Nelson BB9 7UU
16 to 24 yrs only



TUESDAY

Walk & Talk

11 am - 12 noon Moor Park, Preston, PR1 6AU
(Meet at Rosemary on the Park Café)

Yoga

1pm - 2pm

YMCA, Lofthouse Building, London Street, Fleetwood, FY7 6JL
For further details , contact Claire Yates:
cyates@activelancashire.org.uk
Tel: 07724644600

Yoga With Kath (Starts 10th February)

1.30pm - 2.30pm

The Harmony Hub,
26-28 Market Street
Chorley. PR7 2RZ

Free Boxercise & Wellbeing

2pm - 3 pm

NGB Boxing Club
Union Mill, Rawtenstall BB4 7JN
Contact Oliver : 07562630299 or Geraldine: 07465755471
for more information.

Pickleball, Football and Badminton

4pm - 6pm

Leisure Box, Glen Way, Brierfield BB9 5NH
For further information contact Dave Bayliff: 07728213041
or Dave Marshall :07859739635

**For further information
(if not already stated):**

Central Lancs:

Paul Swarbrick:07944795285

Claire Yates: 07724644600

Pendle YES Hub:

Dave Marshall: 07859739635

Area Key

Central Lancs

East Lancs

North Lancs

Wyre



16 - 24 yrs only

FOR MORE INFO VISIT: activelancashire.org.uk

WEDNESDAY

Boxing Fitness

11am - 12 Noon

Soccer City, Parker Street, Ashton-on-Ribble
PR2 2AH

Padel Ball

1pm - 2pm

Padel Republic, Brookfield Street
Preston PR1 1NR

Badminton

1pm - 2pm YMCA Fleetwood Leisure Centre,
ESPLANADE, Fleetwood FY7 6HF
For further details, contact Claire Yates:
cyates@activelancashire.org.uk
Tel: 07724644600

Kickboxing

1pm - 2pm

Dragons Kickboxing Club, Mill, Unit 4 Thorney
Bank Street, Nelson Square, Burnley BB11 1LA
For further information
contact Dave Bayliff: 07728213041

Football Works 5 -aside

1pm - 2pm

Marl Pitts, Newchurch Road,
Rawtenstall BB4 7SN
Contact Oliver : 07562630299 or Geraldine:
07465755471 for more information.

Walk Wednesdays

1pm - 2pm, Pendle YES Hub, Scotland Rd,
Nelson, BB9 7UU
16 to 24 yrs only



Games Room (Table Tennis, Pool and Gaming)

2pm -3pm, Pendle Yes Hub Scotland Road,
Nelson BB9 7UU
16 to 24 yrs only



Gym and Circuits

1.30pm - 2.30pm

Live Health and Fitness
Friday Street, Chorley PR6 0AA

Football

3pm - 5pm Accrington Stanley Hub, Higham
Playing Fields, Thorneyholme Road,
Accrington BB5 6BD
For further information contact Dave Bayliff:
07728213041

THURSDAY

Free Breakfast Club Cycle Group Forum (Optional)

10am- 12pm

Trinity Baptist Church,
Bankhouse Lane Bacup OL13 0AL

Contact Oliver : 07562630299 or Geraldine:
07465755471 for more information.

Walk & Talk

11am - 12 noon

Avenham Park, South Meadow Lane,
Preston PR1 8JP
(Meet at the cafe in centre of park)

Yoga

12.30pm - 1.30pm

Foxton Centre
Off Knowsley Street, Avenham Lane,
Preston PR1 3SA

Bacup Football Club Work Party

1pm-3pm

Brian Boys Stadium,
Blackthorn Lane, Bacup. OL13 8EE

Contact Oliver : 07562630299 or Geraldine:
07465755471 for more information.

Gym and Swim Session

2pm - 3pm

Pendle Wavelengths,
BB9 9TD

16 to 24 yrs only



Badminton

7pm - 8pm

West View Leisure Centre Ribbleson Lane,
Preston PR1 5EP

FRIDAY

Football Session

12noon - 1.30pm

Padel Republic, Brookfield Street
Preston. PR1 1NR

Kickboxing, Boxing and Wellbeing

2pm- 3pm

Unit 17 Victoria Mill,
Victoria Street. Accrington. BB5 0PG
Contact Danny: 07465759891 for more
information

Guitar Jam Session

1:30pm- 2:30pm

Pendle YES Hub, Scotland Road,
Nelson BB9 7UU
16 to 24 yrs only



Female Only- Box Champions Non Contact Mentoring

2pm - 3pm

Pendle YES Hub, Scotland Road, Nelson
BB9 7UU
16 to 24 yrs only



Friday Walk and Chill

1pm-3pm

Pendle YES Hub, Scotland Road
Nelson BB9 7UU
16 to 24 yrs only



Badminton & Multisports

2:30pm -3:30pm

Salt Ayre Leisure Centre,
Doris Henderson Way, Lancaster.
LA1 5JS

Contact Anthony:
amay@activelancashire.org.uk
For further details