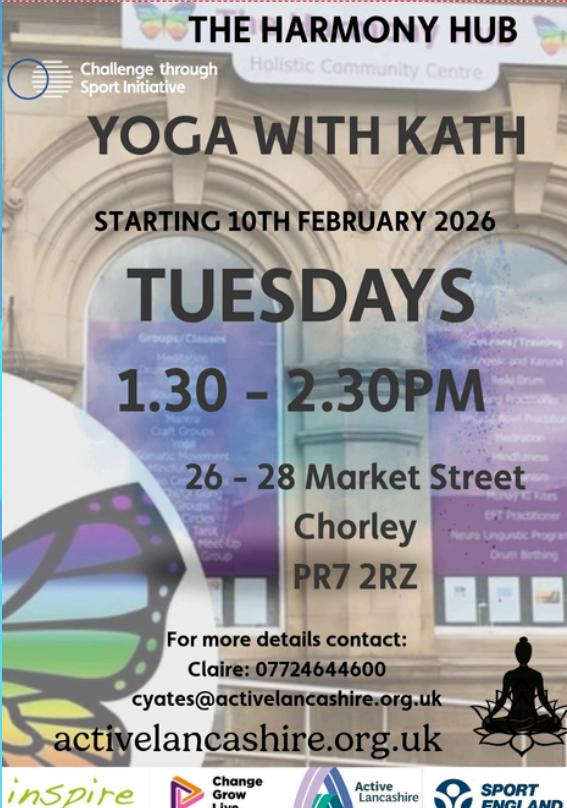


# CENTRAL LANCASHIRE TIMETABLE FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Walk &amp; Talk</b> 11am - 12noon Haslam Park, Blackpool Road, Preston PR2 1JE (Meet at park gates)	<b>Walk &amp; Talk</b> 11am - 12noon Moor Park, Preston PR1 6AU (Meet at Rosemary on the Park Café)	<b>Boxing Fitness</b> 11am - 12 Noon Soccer City, Parker Street Ashton-on-Ribble PR2 2AH	<b>Walk &amp; Talk</b> 11am - 12noon Avenham Park, South Meadow Lane, Preston PR1 8JP (Meet at the café in centre of park)	<b>Football Session</b> 12noon - 1.30pm Padel Republic Brookfield Street Preston PR1 1NR
<b>Boxing Fitness</b> 1pm - 2pm Daves Gym Business Centre, Unit 2 Yarrow Rd Chorley, PR6 0LP	<b>Yoga With Kath (Starts 10<sup>th</sup> February)</b> 1.30pm - 2.30pm The Harmony Hub 26-28 Market Street Chorley PR7 2RZ	<b>Padel Ball</b> 1pm - 2pm Padel Republic Brookfield Street Preston PR1 1NR	<b>Yoga</b> 12.30pm - 1.30pm Foxton Centre Off Knowsley Street, Avenham Lane, Preston PR1 3SA	
 <p><b>THE HARMONY HUB</b> Holistic Community Centre</p> <p><b>YOGA WITH KATH</b></p> <p>STARTING 10TH FEBRUARY 2026</p> <p><b>TUESDAYS</b></p> <p><b>1.30 - 2.30PM</b></p> <p><b>26 - 28 Market Street</b> <b>Chorley</b> <b>PR7 2RZ</b></p> <p>For more details contact:  Claire: 07724644600  cyates@activelancashire.org.uk</p> <p>active lancashire.org.uk</p> <p><b>inspire</b>   </p>		<b>Gym and Circuits</b> 1.30pm - 2.30pm Live Health and Fitness Friday Street, Chorley PR6 0AA	<b>Badminton</b> 7pm - 8pm West View Leisure Centre Ribbleton Lane, Preston PR1 5EP	

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