

# 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</b> <b>(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	
		<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 Ribbleson Lane, Preston PR1 5EP	



**THE HARMONY HUB**  
Holistic Community Centre

Challenge through Sport Initiative

**YOGA WITH KATH**

STARTING 10TH FEBRUARY 2026

**TUESDAYS**

**1.30 - 2.30PM**

26 - 28 Market Street  
Chorley  
PR7 2RZ

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inspire Change Grow Live Active Lancashire SPORT ENGLAND

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