EAST LANCASHIRE TIMETABLE

Participants are expected to follow Active Lancashire's Code of Conduct. The use of inappropriate language or behaviour, or consuming / being under the influence of alcohol or drugs, of any kind, while attending the Active Recovery session will result in the participant being asked to leave the session

MONDAY

Starting Monday 24th August
Women's only Muay Thai
11am - 12noon
Alliance Business Park
Accrington
BB5 0RU

Contact Danny Thomas for more information

Active Recovery Hub
10am - 1pm
Free Table Tennis, Pool/Snooker & Gym
Connect with others
Receive 1 - 1 support

Active Cycles, Accrington
Arndale BB5 1EX

Contact Danny Thomas for more information

TUESDAY

180 Crossfit (Men Only)
9:30am- 10.30am
Z3 Training Club
Unit 3 Harger Clough Works,
Harger Street, Burnley
BB11 4EG
!BY REFERRAL ONLY!
Contact DannyThomas for more information

Free Boxercise & Wellbeing
2pm - 3 pm
NGB Boxing Club
Union Mill, Rawtenstall
BB4 7JN
Contact Oliver: 07562630299 for more information.

Pickleball, Badminton and Football
4pm - 5 pm
Leisure Box Glen Way,
Brierfield
BB9 5NH
Contact Danny Thomas For more information

WEDNESDAY

Active Recovery Hub
10am - 1pm
Free Table Tennis, Pool/Snooker & Gym
Connect with others
Receive 1 - 1 support

Active Cycles, Accrington
Arndale BB5 1EX

Contact Danny Thomas for more information

Active Lancashire Drop-In With Inspire ETE Team
10am - 12noon
Inspire Accrington,
33 Eagle Street,
Accrington BB5 1LN
Contact Danny Thomas for more information

Football Works 5 -aside
1pm - 2pm
Marl Pitts,
Newchurch Road,
Rawtenstall BB4 7SN
Contact Oliver: 07562630299 more information.

Football
3pm - 4pm
Hyndburn Leisure Centre
Henry Street,Church
Accrington BB5 4EP
All abilities welcome
Walking football available if you like an easier pace
Contact Danny Thomas for more information

THURSDAY

180 Crossfit (Men Only)
9:30am- 10.30am
Z3 Training Club
Unit 3 Harger Clough Works,
Harger Street, Burnley
BB11 4EG
!BY REFERRAL ONLY!
Contact Danny Thomas for more information

Active Lancashire Drop-In With Inspire ETE Team
10am -12noon
Inspire Pendle,
Grassroots Centre
St. Philips, Leeds Road,
Nelson BB9 9XB
Contact Danny Thomas for more information

FRIDAY

Active Recovery Hub
10am - 1pm
Free Table Tennis, Pool/Snooker & Gym
Connect with others
Receive 1 - 1 support

Active Cycles, Accrington
Arndale BB5 1EX

Contact Danny Thomas for more information

Active Lancashire Drop-In With Inspire ETE Team
10am - 12noon
Inspire Burnley,
Burnley House, 37-41
Westgate, Burnley
BB11 1RY
Contact Danny Thomas information

Mindful Movements and Relaxation
12noon-1pm
Inspire Burnley,
Burnley House, 37-41
Westgate, Burnley
BB11 1RY
Contact Danny Thomas for more information

Kickboxing, Boxing and Wellbeing
2pm- 3pm
Unit 17 Victoria Mill,
Victoria Street. Accrington.
BB5 0PG
Contact Danny Thomas for more information

For more details or if you are struggling with substance misuse and would like a referral to CGL Inspire for help & support , contact:

Danny Thomas (CGL Project Lead)
Tel: 07465759891
Email: DThomas@activelancashire.org.uk

Hannah Reddyhough (Active Recovery Support Mentor)
Tel: 07447571995
Email: hreddyhough@activelancashire.org.uk

Shelly Noon (Active Recovery Support mentor)
Tel: 07447539502
Email: snoon@activelancashire.org.uk

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FOR MORE INFO VISIT: activelancashire.org.uk