

NORTH LANCASHIRE TIMETABLE

AUGUST 2025

MONDAY	FRIDAY
<p>Boxing Bootcamp 12.30pm -1.30pm The Centre, St Thomas Church, Marton Street, Lancaster LA1 1XX</p>	<p>Badminton & Multisports 2:30 -3:30pm Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster. LA1 5JS</p>
<p>Sunset Walk & Talk 7pm - 8pm Meet at the Battery Beach Cafe, Morecambe, LA3 1BS</p>	<p>Making a Change Wellbeing & Nutrition Group 1 pm @ CGL Morecambe. REFERRALS ONLY Contact Tamasin Lamb : 07465 743751</p>

For further details , contact Tamasin Lamb:
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New You
Central and North Lancashire

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FOR MORE INFO VISIT: [activelancashire.org.uk](https://www.activelancashire.org.uk)