

NORTH LANCASHIRE TIMETABLE

Participants are expected to follow Active Lancashires 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CGL Inspire Drop-In St Annes. 10am -12noon CGL Inspire St Annes The Paterson Centre, 75 St Albans Road, Lytham St Annes FY8 1XD</p>	<p>CGL Inspire Drop-In Fleetwood 10am-12noon Inspire Fleetwood, The Lofthouse Building, London St, Fleetwood FY7 6JL</p>	<p>Badminton 1pm - 2pm YMCA Fleetwood Leisure Centre, ESPLANADE, Fleetwood FY7 6HF</p>	<p>Steps to Strength Walking Group and Community Hub 2pm-3pm CGL Inspire St Annes The Paterson Centre, 75 St Albans Road, Lytham St Annes FY8 1XD</p>	<p>CGL Inspire Drop-In Lancaster 11.30am-1.30pm Inspire Lancaster, 26 St George's Quay, Lancaster LA1 1RD</p>
<p>*STARTS 15th JUNE* Boxing and Fitness 12:30pm-1:30pm Fleetwood Gym Amateur Boxing Club, Victoria Building, Poulton Road FY7 6TQ</p>	<p>Grassroots Circuits Fleetwood 2:30pm The Pavillion, Fleetwood Memorial Park, Fleetwood FY7 7AQ</p>			<p>Mindful Movement and Relaxation 1pm-2pm Inspire Lancaster, 26 St George's Quay, Lancaster LA1 1RD</p>
<p>Badminton 2:30pm YMCA St Annes, St Albans Road, Lytham St Annes FY8 1XD</p>	<p>For more details contact Charlotte Wilkinson : cwilkinson@activelancashire.org.uk Tel: : 07865959832</p>			<p>Badminton & Multisports 2:30-3:30pm Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster. LA1 5JS</p>

FOR MORE INFO VISIT:
activelancashire.org.uk

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