



**Pendle Wavelengths**  
 Leeds Rd, Nelson  
 01282 661717

**Soup & a Sandwich & Swim/Gym - £3.50**  
 Monday, Tuesday, Thursday, Friday: 12.30pm - 2.30pm

**Bus Timetable**

**Brierfield** Town Hall 11:43am, Nelson bus station 12:00pm stand 7 (M5)  
**Colne** bus station 12:02pm stand 1 to Nelson bus station 12:17pm stand 3 (M3)  
**Barnoldswick** Station Road 11:20am to Nelson bus station 12:07pm stand 3 (M5)

**Wednesday: 1.30pm - 2.30pm**

**Bus Timetable**

**Brierfield** Town Hall 12:43pm, Nelson bus station 1:00pm stand 7 (M5)  
**Colne** bus station 1:02pm stand 1 to Nelson bus station 1:17pm stand 3 (M3)  
**Barnoldswick** Station Road 12:20pm to Nelson bus station 1:07pm stand 3 (M5)

**Swim/Gym & a Free Brew - £2**  
 Monday, Tuesday, Thursday Friday: 12.30pm - 4pm

**Bus Timetable**

**Brierfield** Town Hall 11:43am, Nelson bus station 12:00pm stand 7 (M5)  
**Colne** bus station 12:02pm stand 1 to Nelson bus station 12:17pm stand 3 (M3)  
**Barnoldswick** Station Road 11:20am to Nelson bus station 12:07pm stand 3 (M5)

**Wednesday: 1.30pm - 4pm**

**Bus Timetable**

**Brierfield** Town Hall 12:43pm, Nelson bus station 1:00pm stand 7 (M5)  
**Colne** bus station 1:02pm stand 1 to Nelson bus station 1:17pm stand 3 (M3)  
**Barnoldswick** Station Road 12:20pm to Nelson bus station 1:07pm stand 3 (M5)



**EXTENDED INTO DECEMBER!**

**FREE Session with FREE Brew Afterwards**

**Monday: 12.15pm - 1.15pm**

**Yoga for the Unbendy**

**Bus Timetable**

**Brierfield** Town Hall 11:43am, Nelson bus station 12:00pm stand 7 (M5)  
**Colne** bus station 11:32am stand 1 to Nelson bus station 11:47am stand 3 (M3)  
**Barnoldswick** Station Road 11:20am to Nelson bus station 12:07pm stand 3 (M5)

**Monday: 1.30pm - 2.45pm**

**Iyengar Yoga**

**Bus Timetable**

**Brierfield** Town Hall 12:43pm, Nelson bus station 1:00pm stand 7 (M5)  
**Colne** bus station 1:02pm stand 1 to Nelson bus station 1:17pm stand 3 (M3)  
**Barnoldswick** Station Road 12:20pm to Nelson bus station 1:07pm stand 3 (M5)

**Wednesday: 12.30pm - 1.30pm**

**Ladies-Only Aquarhythmic**

**Bus Timetable**

**Brierfield** Town Hall 11:43am, Nelson bus station 12:00pm stand 7 (M5)  
**Colne** bus station 12:02pm stand 1 to Nelson bus station 12:17pm stand 3 (M3)  
**Barnoldswick** Station Road 11:20am to Nelson bus station 12:07pm stand 3 (M5)

**Thursday: 2pm - 3pm**

**Aquarhythmic**

**Bus Timetable**

**Brierfield** Town Hall 1:13am, Nelson bus station 1:30pm stand 7 (M5)  
**Colne** bus station 1:02pm stand 1 to Nelson bus station 1:17pm stand 3 (M3)  
**Barnoldswick** Station Road 12:50pm to Nelson bus station 1:37pm stand 3 (M5)

**Friday: 11am - 12pm**

**Iyengar Yoga**

**Bus Timetable**

**Brierfield** Town Hall 10:13am, Nelson bus station 10:30am stand 7 (M5)  
**Colne** bus station 10:32am stand 1 to Nelson bus station 10:47am stand 3 (M3)  
**Barnoldswick** Station Road 9:50am to Nelson bus station 10:37pm stand 3 (M5)