



**West Craven
Sports Centre**
Kelbrook Rd, Barnoldswick
01282 666710

FREE Session with FREE Brew Afterwards

Monday: 1pm - 3pm

No Strings Badminton

Bus Timetable

Brierfield Town Hall 11:43am, to Barnoldswick Fernlea Ave 12:35pm (M5)
Colne Market Street 12:10pm stand 4, to Barnoldswick Fernlea Ave 12:35pm (M5)
Nelson bus station 11:50am stand 7, to Barnoldswick Fernlea Ave 12:35pm (M5)

Monday: 3pm - 4pm

Core Stability

Bus Timetable

Brierfield Town Hall 1:43pm, to Barnoldswick Fernlea Ave 2:35pm (M5)
Colne Market Street 2:10pm stand 4, to Barnoldswick Fernlea Ave 2:35pm (M5)
Nelson bus station 1:50pm stand 7, to Barnoldswick Fernlea Ave 2:35pm (M5)

Tuesday: 11.45am - 12.45pm

Racket Sports

Bus Timetable

Brierfield Town Hall 10:43am, to Barnoldswick Fernlea Ave 11:35am (M5)
Colne Market Street 11:10am stand 4, to Barnoldswick Fernlea Ave 11:35am (M5)
Nelson bus station 10:50am stand 7, to Barnoldswick Fernlea Ave 11:35am (M5)

FREE Session

Monday: 4pm - 6.30pm

Swimming

Bus Timetable

Brierfield Town Hall 2:43pm, to Barnoldswick Fernlea Ave 3:35pm (M5)
Colne Market Street 3:10pm stand 4, to Barnoldswick Fernlea Ave 3:35pm (M5)
Nelson bus station 2:50pm stand 7, to Barnoldswick Fernlea Ave 3:35pm (M5)

Tuesday: 4pm - 6.30pm

Swimming

Bus Timetable

Brierfield Town Hall 2:43pm, to Barnoldswick Fernlea Ave 3:35pm (M5)
Colne Market Street 3:10pm stand 4, to Barnoldswick Fernlea Ave 3:35pm (M5)
Nelson bus station 2:50pm stand 7, to Barnoldswick Fernlea Ave 3:35pm (M5)

**Buy any hot drink from Sue's Pantry and receive a
FREE Swim/Gym Session***

Wednesday, Thursday & Friday: 11am - 4pm

**(To be redeemed anytime throughout November)*

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Nelson Bus Station 9:50am Stand 7, to Barnoldswick Fernlea Ave 10:35am (M5)

