



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)

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 Aquarhythmics

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

Aquarhythmics

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: 10.30am - 11.30am

Exercise for Health

Bus Timetable

Brierfield Town Hall 9:43am, Nelson bus station 10:00am stand 7 (M5)

Colne bus station 10:02am stand 1 to Nelson bus station 10:17am stand 3 (M3)

Barnoldswick Station Road 9:20am to Nelson bus station 10:07am 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)

