

Timetabled activities

Let's Move: South Leeds

12-3pm All other activities / stalls

Time	Who	Activity	For whom	Where	Anything else
9am	Parkrun	parkrun 5km walk / jog / run	All	Near shelter	register parkrun UK
11am – 1pm	LS-Ten / Skate Scholarship	Skateboarding / rollerskating	All ages	MUGA	
11-12.15	Women's Health Matters	Women's wellbeing walk & mindfulness	Women		
12noon	Yoga4Leeds	Yoga class	Adults	Near shelter	
1-2.15pm	Women's Health Matters	Walk and outdoor mindfulness	Mixed / all ages		
1.30 – 3pm	Tennis	Active Leeds	All ages	Grassed area	
2.30pm	Run Leeds	Fun run	All ages	Top of park	