



YOUR PARKLIVES ACTIVITIES

| | | | | | |
|--------------------|--|--|---|--|---|
| Friday 31 | Multi-Games Bulwell Hall Park 04.00 PM - 06.00 PM | Boot Camp Bulwell Hall Park 06.00 PM - 07.00 PM | REBO Wall Tennis - You Vs, Wal Forest Recreation Ground 02.00 PM - 03.00 PM | | |
| Saturday 1 | Roots of the forest Forest Recreation Ground 10.00 AM - 11.00 AM | Multi-Games Victoria Embankment 11.00 AM - 01.00 PM | Reggae Aerobics Forest Recreation Ground 11.00 AM - 12.00 PM | Ultimate Frisbee Highfields Park 11.00 AM - 12.00 PM | Play football Radford Recreation Ground 10.00 AM - 12.00 PM |
| Sunday 2 | Conservation Highfields Park 10.30 AM - 12.30 PM | Yoga in the park Wollaton Hall Gardens and Deer 12.00 PM - 01.00 PM | Yoga in the park Victoria Embankment 10.00 AM - 11.00 AM | Tai Chi Highfields Park 01.00 PM - 02.00 PM | |
| Monday 3 | Yoga in the park Wollaton Hall Gardens and Deer 12.00 PM - 01.00 PM | Multi-Games King Edwards Park 04.00 PM - 06.00 PM | Play football Victoria Embankment 10.00 AM - 11.00 AM | Bike Maintenance & Led ride Forest Recreation Ground 10.00 AM - 12.00 PM | Community Park clean up Forest Recreation Ground 10.00 AM - 12.00 PM |
| Tuesday 4 | Netball Clifton Playing Fields 10.00 AM - 11.00 AM | Yoga in the park Forest Recreation Ground 10.00 AM - 11.00 AM | Park Fit Victoria Embankment 12.00 PM - 01.00 PM | Multi-Games Radford Recreation Ground 04.00 PM - 06.00 PM | Boot Camp Edwards Lane Community Centre 06.00 PM - 07.00 PM |
| Wednesday 5 | Tai Chi Wollaton Hall Gardens and Deer 12.00 PM - 01.00 PM | Family Tennis Edwards Lane Community Centre 11.00 AM - 12.00 PM | Cardio Tennis Edwards Lane Community Centre 10.00 AM - 11.00 AM | New gentle walks Forest Recreation Ground 10.30 AM - 11.30 AM | Pond Dipping Vernon Park 01.00 PM - 02.00 PM |

| | | | | | |
|-------------------|--|--|---|---|--|
| Thursday 6 | Yoga in the park Highfields Park 06.00 PM - 07.00 PM | Multi-Games Clifton Playing Fields 04.00 PM - 06.00 PM | Ultimate Frisbee Colwick Country Park 06.00 PM - 07.00 PM | Cardio Tennis Lenton Abbey Park 10.00 AM - 11.00 AM | Cardio Tennis Clifton Playing Fields 11.30 AM - 12.30 PM |
|-------------------|--|--|---|---|--|