



APRIL WALKING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 NO WALKING	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 NO WALKING STAT HOLIDAY	19
20	21	22	23	24	25	26
27	28	29	30			

Monday to Friday - 9 am to 3 pm

**Please note: Schedule is subject to change*

4 Laps = 1 KM 6.44 Laps = 1 Mile