



DECEMBER WALKING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 NO WALKING AFTER 1PM	12	13 NO WALKING AFTER 1PM	14
15	16	17	18	19	20	21
22	23	24	25 STAT HOLIDAY NO WALKING	26 STAT HOLIDAY NO WALKING	27	28
29	30	31				

Monday to Friday - 9 am to 3 pm

**Please note: Schedule is subject to change.*

4 Laps = 1 KM 6.44 Laps = 1 Mile