



MARCH WALKING SCHEDULE

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