



NOVEMBER WALKING SCHEDULE

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

Monday to Friday - 9:00 am to 3:00 pm

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

4 Laps = 1 KM 6.44 Laps = 1 Mile