



NOVEMBER WALKING SCHEDULE

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