



AUGUST WALKING SCHEDULE

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

Monday to Friday - 9 am to 3 pm

**Please note: Schedule is subject to change*

4 Laps = 1 KM 6.44 Laps = 1 Mile