



JANUARY WALKING SCHEDULE

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