



SEPTEMBER WALKING SCHEDULE

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