



SEPTEMBER WALKING SCHEDULE

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