

KEY	NHS NORDIC WALKING WITH MACMILLAN	START NORDIC W
SNW1	Lesson 1	First week
SNW2	Lesson 2	Second week
COL	Colchester High Woods Park	
COD	The Coddendam Centre	

	DATE	SESSION	VENUE	TIME
AUGUST	3.8.21	SNW1	COLCHESTER	1-2.30
	4.8.21	SNW1	CODDENHAM	1-2.30
	10.8.21	SNW2	COLCHESTER	1-2.30
	11.8.21	SNW2	CODDENHAM	1-2.30
	31.8.21	SNW1	COLCHESTER	1-2.30
SEPTEMBER	1.9.21	SNW1	CODDENHAM	1-2.30
	7.9.21	SNW2	COLCHESTER	1-2.30
	8.9.21	SNW2	CODDENHAM	1-2.30
	28.9.21	SNW1	COLCHESTER	1-2.30
	29.9.21	SNW1	CODDENHAM	1-2.30
OCTOBER	5.10.21	SNW2	COLCHESTER	1-2.30
	6.10.21	SNW2	CODDENHAM	1-2.30
	26.10.21	SNW1	COLCHESTER	1-2.30
	27.10.21	SNW1	CODDENHAM	1-2.30
NOVEMBER	2.11.21	SNW2	COLCHESTER	1-2.30
	3.11.21	SNW2	CODDENHAM	1-2.30
	23.11.21	SNW1	COLCHESTER	1-2.30
	24.11.21	SNW1	CODDENHAM	1-2.30
	30.11.21	SNW2	COLCHESTER	1-2.30
DECEMBER	1.12.21	SNW2	CODDENHAM	1-2.30

/ALKING