MW=Monday Workout Walk								
TW=Tuesday Wellness Walk								
WW=Weekend Walk								
SP=Strolls with poles								
	DATE	TIME	TYPE	LOCATION				
MARCH								
	Tues 1		NO WALK					
	Sat 5	9.45 -11.00	WW	Sutton Heath				
	Mon 7	9.30 - 11.30	MW	Pin Mill				
	Tues 8	9.45 -11.00	TW	Nowton Park	Daffodils			
	Wed 9	9.45 -11.00	SP	Coddenham				
	Sat 12	9.45 -11.00	WW	Nowton Park	Daffodils			
	Mon 14	9.30 - 11.30	MW	Cretingham				
	Tues 15	9.45 -11.00	TW	Helmingham				
	Wed 16	9.45 -11.00	SP	Coddenham				
	Sat 19	9.45 -11.00	WW	Pin Mill				
	Mon 21	9.30 - 11.30	MW	Orford				
	Tues 22	9.45 -11.00	TW	Pakenham				
	Wed 23	9.45 -11.00	SP	Coddenham				
	Sat 26	9.45 -11.00	WW	Barking Woods				
	Mon 28	9.30 - 11.30	MW	Stoke-by-Nayland				
	Tues 29	9.45 -11.00	TW	Sutton Heath				
	Wed 30	9.45 -11.00	SP	Coddenham				
APRIL								
	Sat 2	9.45 -11.00	WW	Coddenham				
	Mon 4	9.30 - 11.30	MW	Gosbeck Wood				
	Tues 5	9.45 -11.00	TW	Wherstead SFH				
	Wed 6	9.45 -11.00	SP	Coddenham				
	Sat 9	9.45 -11.00	WW	Shingle Street				
	Mon 11	9.30 - 11.30	MW	Alton Water				
	Tues 12	9.45 -11.00	TW	Fynn Valley				
	Wed 13	9.45 -11.00	SP	Coddenham				
	Sat 16		NO WALK		Easter w/end			
	Mon 18		NO WALK		Bank Holiday			
	Tues 19	9.45 -11.00	TW	Nacton Shores				
	Wed 20	9.45 -11.00	SP	Coddenham				
	Sat 23	9.45 -11.00	WW	Helmingham				
	Mon 25	9.30 - 11.30	MW	Helmingham				
	Tues 26	9.45 -11.00	TW	Orford				
	Wed 27	9.45 -11.00	SP	Coddenham				
	Sat 30		NO WALK		Bank Holiday W/E			
MAY								
	Mon 2		NO WALK		Bank Holiday			
	Tues 3	9.45 -11.00	TW	Barking Woods				
	Wed 4	9.45 -11.00	SP	Coddenham				
	Sat 7	12.30 - 1.30	WW	Wherstead SFH				
	Mon 9	Half Day	MW	Iken/Snape/Tunstall		Half Day	Coffee break at Snape	
	Tues 10	9.45 -11.00	TW	Coddenham				
	Wed 11	9.45 -11.00	SP	Coddenham				
	Sat 14	12.00 -1.30	WW	Thornham Walks				
	Mon 16	9.30 - 11.00	MW	Fynn Valley				
	Tues 17	9.45 -11.00	TW	Stoke by Nayland				
	Wed 18	10.00 -11.30	SP	Coddenham				
	Sat 21	9.45 -11.00	WW	Oxford				
	Mon 23	9.30 - 11.00	MW	Constable Country				

	Tues 24	9.45 -11.00	TW	Shingle St				
	Wed 25	10.00 -11.30	SP	Coddenham				
	Sat 28	9.45 -11.00	WW	Fynn Valley				
	Mon 30	9.30 - 11.00	MW	Coddenham				
	Tues 31	9.45 -11.00	TW	Needham Lake				