

MW=Monday Workout Walk

TW=Tuesday Wellness Walk

	DATE	TIME	TYPE	LOCATION
JUNE	Mon 3	9.30 - 11.30	MW	Kersey/Lindsey
	Tues 4	9.45 -11.00	TW	Barking Woods
	Mon 10	Half Day	MW	Sutton Heath and
	Tues 11	9.45 -11.00	TW	Flatford Mill
	Mon 17	9.30 - 11.30	MW	Alton Water
	Tues 18	9.45 -11.00	TW	Lavenham
	Mon 24	9.30 - 11.30	MW	Fram/Dennington
	Tues 25	9.45 -11.00	TW	Debenham
JULY	Mon 1	Half Day	MW	Lavenham
	Tues 2	9.45 -11.00	TW	Iken/Snape
	Mon 8	9.30 - 11.30	MW	Pin Mill
	Tues 9	9.45 -11.00	TW	Pakenham
	Mon 15	9.30 - 11.30	MW	Fynn Valley
	Tues 16	9.45 -11.00	TW	Staverton Oaks
	Mon 22	Half Day	MW	Trimley Marshes
	Tues 23	9.45 -11.00	TW	Pin Mill
	Mon 29	9.30 - 11.30	MW	Debenham
	Tues 30	9.45 -11.00	TW	Melton
AUGUST	Mon 5	9.30 - 11.30	MW	Barking Woods
	Tues 6	9.45 -11.00	TW	Stutton
	Mon 12	9.30 - 11.30	MW	Waldringfield
	Tues 13	9.45 -11.00	TW	Nacton shores
	Mon 19	Half Day	MW	Shotley
	Tues 20	9.45 -11.00	TW	Fynn Valley
	Mon 26	Bank Holiday	no walk	
	Tues 27	9.45 -11.00	TW	Chelsworth

DISTANCE
in kilometres

