

MW=Monday Workout Walk							
TW=Tuesday Wellness Walk							
					kilometers		
OCTOBER	Mon 6	9.30 - 11.30	MW	Pinmill	8		
	Tues 7	9.45 -11.00	TW	Framlingham	5		
	Mon 13	9.30 - 11.30	MW	Stoke by Nayland	9		
	Tues 14	9.45 -11.00	TW	Sutton Heath	6.2		
	Mon 20	Half Day	MW	Iken/Snape	11		
	Tues 21	9.45 -11.00	TW	Nacton Shores	5.2		
	Mon 27	9.30 - 11.30	MW	Bildeston	9	Half term	
	Tues 28	9.45 -11.00	TW	Coddenham/Lime Kilns	5.5	Half term	
NOVEMBER	Mon 3	9.30 - 11.30	MW	Waldringfield	8.6		
	Tues 4	9.45 -11.00	TW	Pin Mill	5		
	Mon 10	Half Day	MW	Felixstowe Ferry	11.6		
	Tues 11	9.45 -11.00	TW	Rougham Estate	5		
	Mon 17	JM Holiday	no walk				
	Tues 18	JM Holiday	no walk				
	Mon 24	JM Holiday	no walk				
	Tues 25	JM Holiday	no walk				
DECEMBER	Mon 1	JM Holiday	no walk				
	Tues 2	JM Holiday	no walk				
	Mon 8	9.30 - 11.30	MW	Thorpness	8		
	Tues 9	9.45 -11.00	TW	Woodbridge	5		
	Mon 15	9.30 - 11.30	MW	TBC		poss Xmas lunch	
	Tues 16	9.45 -11.00	TW	TBC		poss Xmas lunch	
	Mon 22	Xmas Holiday	no walk				
	Tues 23	Xmas Holiday	no walk				
	Mon 29	9.30 - 11.30	MW	Coddenham/Shrublands	9.5		
	Tues 30	9.45 -11.00	TW	Coddenham 2 churches	5.5		