

MW=Monday Workout Walk						
TW=Tuesday Wellness Walk						
JANUARY					Kms	
	Mon 5	9.30 - 11.30	MW	Flatford Mill	8.5	
	Tues 6	9.45 -11.00	TW	Fynn Valley	5.5	
	Mon 12	9.30 - 11.30	MW	Orford	8.4	
	Tues 13	9.45 -11.00	TW	Chelsworth	5.2	
	Mon 19	9.30 - 11.30	MW	Alton Water	8	
	Tues 20	9.45 -11.00	TW	Orford	5.5	
	Mon 26	9.30 - 11.30	MW	Rougham Estate	8	
	Tues 27	9.45 -11.00	TW	Badley Hill	6	
FEBRUARY						
	Mon 2	9.30 - 11.30	MW	Codd/Gosbeck Woods	9.3	Snowdrops hopefully!
	Tues 3	9.45 -11.00	TW	Codd/Lime Kilns	5.5	Snowdrops hopefully!
	Mon 9	9.30 - 11.30	MW	Sutton Heath	8	
	Tues 10	9.45 -11.00	TW	Thorpness	6.5	
	Mon 16	9.30 - 11.30	MW	Barking Woods	8	(Half term)
	Tues 17	9.45 -11.00	TW	Pakenham	5	(Half term)
	Mon 23	Half day	MW	Newbourne	13	Half day +lunch (opt)
	Tues 24	9.45 -11.00	TW	Barking Woods	5.5	
MARCH						
	Mon 2	9.30 - 11.30	MW	Levington/Nacton	9.6	
	Tues 3	9.45 -11.00	TW	Iken/Snape	6	
	Mon 9	9.30 - 11.30	MW	Fynn Valley	6	
	Tues 10	9.45 -11.00	TW	Debenham	6.7	
	Mon 16	9.30 - 11.30	MW	Fram/Dennington	10	
	Tues 17	9.45 -11.00	TW	Melton	6	
	Mon 23	Half day	MW	Hadleigh	14	
	Tues 24	9.45 -11.00 +	TW	Waldringfield	7	coffee break midway
	Mon 30	9.30 - 11.30	MW	Pin Mill	8	
	Tues 31	9.45 -11.00	TW	Flatford	5	