

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
09:00	09:15-10:15 Walking Tennis(Greville Smyth)	09:15-10:00 Walk Fit (Clifton Downs)	09:15-10:15 Walking Tennis (Henleaze Tennis Club)	09:15-10:00 Walk Fit (Clifton Downs)			
10:00		10:00-10:45 Nordic Walking - Easy/Moderate (Clifton Downs)		10:00-10:45 Nordic Walking Easy/Moderate (Clifton Downs)		10:15-11:00 Walk Fit (Blaise Castle)	
10:30	10:30-11:30 Nordic Walking - Advanced (Ashton Court)		10:30-11:15 Walk Fit (Clifton Downs)			11:00-12:00 Nordic Walking - Moderate (Blaise Castle)	
11:00			11:15-12:00 Nordic Walking - Easy/Moderate (Clifton Downs)	11:00-12:00 Walking Tennis (Coombe Dingle)			
12:00	12:00-12:45 Walk Fit (Clifton Downs)						
12:30	12:45-13:30 Nordic Walking - Easy/Moderate (Clifton Downs)						
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							