



Instructor name: Janet Bryant
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Wednesday 14th July 2021

09:00 - *POWER OF POLES (1) at ROCKFORD COMMON* - Rockford Common

13:30 - *Wednesday's Nordic Adventure! FRITHAM* - Fritham

Thursday 15th July 2021

09:15 - *Wellness Nordic Walk - BURLEY* - Burley Car Park Opposite Cricket Pitch

10:30 - *Nordic Technique Tuner Walx (moderate) BURLEY* - Burley Car Park Opposite Cricket Pitch

18:30 - *SUMMER SUNDOWNER! Burley!* - The White Buck, Burley

Friday 16th July 2021

07:30 - *PUSH THE PACE POWER WALK!* - Rockford Common

09:30 - *FRIDAY FROLIX* - Gorley Common - Hyde Cricket Pitch Opposite the school

Saturday 17th July 2021

09:00 - *SATURDAY STRIDER Frogham!* - Abbotswell Car Park

Sunday 18th July 2021

09:30 - *SUNDAY SOCIAL WALX AND TALX! Round the Red Shoot* - Appleslade Car Park

Monday 19th July 2021

09:30 - *PRIVATE GROUP* - Lovely Linford! - Linford Bottom

Wednesday 21st July 2021

13:30 - *Wednesday's Nordic Adventure! SALLY'S SPECIAL!* - Breamore House by **Sally Gardner**

Monday 2nd August 2021

09:30 - *PRIVATE GROUP* - Hightown Common and Foulford - Hightown Common - What3words: minder.growth.armed

Wednesday 4th August 2021

13:30 - *WEDNESDAY'S NORDIC ADVENTURE*- Linford Bottom - Linford Bottom

18:00 - *POWER OF POLES (1) at HYDE* - Hyde Cricket Pitch Opposite the school

Thursday 5th August 2021

09:15 - *Wellness Nordic Walk - HYDE* - Hyde Cricket Pitch Opposite the school

10:30 - *THURSDAY's NORDIC MARCH (moderate) HYDE* - Hyde Cricket Pitch Opposite the school

Friday 6th August 2021

07:30 - *PUSH THE PACE POWER WALK!* - Rockford Common

09:30 - *FRIDAY FROLIX HIGHCLIFFE CASTLE* - Highcliffe Castle

Saturday 7th August 2021

09:00 - *SATURDAY STRIDER ! SMUGGLERS CIDER AND BURLEY BEACON* - a walk of 3 halves - Smugglers

Sunday 8th August 2021

09:30 - *SUNDAY SOCIAL - HOCKEY'S* - the other way! - Hockey's Farm Shop