

FIONA DEANS

...getting you fit, keeping you fit.

NORDIC WALKS. SAMPLE PROGRAMME

**Pay As You
Go Sessions
£7**

**Walk Cards
(buy 5 get 6)
£35**

Phone, text or email to book your place
and your poles.

FionaDeans@msn.com

07980 418676

Wednesday Afternoons

DATE	TIME	LOCATION
7/12	1.30	The Talbot, Mells BA11 3PN
14/12	1.30	Cley Hill BA12 7QU
21/12	1.30	Cheese and Grain BA11 1BE
28/12		No Walk This Week
4/1		No Walk This Week
11/1	1.30	Little Keyford Lane BA11 5BB
18/1	1.30	Marston Bigot Church BA11 5DE
25/1	1.30	Nunny Quarry Car Park BA11 4NL
1/2	1.30	Chapmanslade Village Hall BA13 4AP
8/2	1.30	The Talbot, Mells BA11 3PN
15/2	1.30	Trudoxhill Village Hall BA11 5DQ
22/2	1.30	East Woodlands Church BA11 5LQ

Thursday Mornings

DATE	TIME	LOCATION
8/12	9.30	The Talbot, Mells BA11 3PN
15/12	10.30	Horse and Groom, East Woodlands BA11 5LY
22/12	9.30	Cheese and Grain BA11 1BE
29/12		No Walk This Week
5/1		No Walk This Week
12/1	9.30	Little Keyford Lane BA11 5BB
19/1	9.30	Marston Bigot Church BA11 5DE
26/1	9.30	Nunny Quarry Car Park BA11 4NL
3/2	9.30	Chapmanslade Village Hall BA13 4AP
9/1	9.30	The Talbot, Mells BA11 3PN
16/2	9.30	Trudoxhill Village Hall BA11 5DQ
23/2	9.30	East Woodlands Church BA11 5LQ

All walks are designed to last for an hour but may run over by 20 minutes or so.

PLEASE NOTE LATER START TIME ON DECEMBER 15TH TO ALLOW FOR CHRISTMAS LUNCH