

# September

2016

## Workout Locations and Times

August-September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	22	23 Churchill Drive Swings 5:30pm (Optional)	24	25 Churchill Drive Swings 5:30pm (Optional)	26	27 Assiniboine Park Duck Pond 10:30am
28 Long run on own	29 Churchill Drive Swings 5:30pm	30 Churchill Drive Swings 5:30pm	31	1 Kings Park 2 <sup>nd</sup> Parking Lot 5:30pm	2	3 Westview Park Top 10:00am
4 Long run on own	5 Churchill Drive Swings 5:30pm	6 Churchill Drive Swings 5:30pm	7	8 Kings Park 2 <sup>nd</sup> Parking Lot 5:30pm	9	10 Westview Park Top 10:00am
11 Birds Hill West Beach 10:00am	12 Churchill Drive Swings 5:30pm	13 Churchill Drive Swings 5:30pm	14	15 Kings Park 2 <sup>nd</sup> Parking Lot 5:30pm	16	17 Westview Park Top 10:00am
18 Birds Hill West Beach 10:00am	19 Churchill Drive* West Pumphouse 5:30pm	20 Churchill Drive* Swings 5:30pm	21	22 Kings Park 2 <sup>nd</sup> Parking Lot 5:30pm	23	24 Griak - Minneapolis
25 Off	26 Churchill Drive* West Pumphouse 5:30pm	27 Churchill Drive* Swings 5:30pm	28	29 Kings Park 2 <sup>nd</sup> Parking Lot 5:30pm	30	1 Westview Park Top 10:00am