

## Timetable for Taster's & Learn to Nordic Walk Programme

	<u>Taster</u>	<u>L2NW Gears</u> 1 & 2	<u>L2NW Gears</u> 3 & 4
<u>May</u>	Approx. 75 mins	Approx. 2 hours	Approx. 2 ½ hours
Thursday 7th	✓		
Thursday 14 <sup>th</sup>		✓	
Thursday 21 <sup>st</sup>			✓
<u>July</u>			
Thursday 2 <sup>nd</sup>	✓ Chantry Bridge Playing Field, Colyton		
Thursday 9 <sup>th</sup>		✓	
Thursday 16 <sup>th</sup>			✓
<u>August</u>			
Thursday 13 <sup>th</sup>	✓		
Thursday 20 <sup>th</sup>		✓	
Thursday 27 <sup>th</sup>			✓

**L2NW .....** Learn To Nordic Walk Programme  
Gears 1 – 4 .....Are the technical stages of the programme

All Tasters and training are held at 'Hedges' Whitwell Lane, Colyford, EX24 6HP at 1pm.

***With the exception of July 2<sup>nd</sup>***

***where the venue is 'Chantry Bridge Playing Field, Colyton, EX24 6DT'***

**Booking is essential – so I can reserve your poles**

01297 553522 or email: [info@eastdevonhealthandfitness.co.uk](mailto:info@eastdevonhealthandfitness.co.uk)

**Bespoke Tasters and Training can be organised for groups of 8 people or more**