

Sarah Lydon - Schemes

Activity	Venue	Day	Time
PERSONAL BEST			
Walk to Run	BOGGART HOLE CLOUGH	MONDAY	18:00 - 19:00
Walk to Run	BOGGART HOLE CLOUGH	WEDNESDAY	18:00 - 19:00
Walk to Run	SPORTCITY	FRIDAY	17:00 - 18:00
Walk to Run	CEDAR MOUNT	TUESDAY	18:30 - 19:30
Walk to Run	THE NORTHERN	WEDNESDAY	19:30 - 20:30
Walk to Run	CHORLTON WATER PARK	SUNDAY	09:30 - 10:30
Walk to Run	CHORLTON LIBRARY	TUESDAY	19:00 - 20:00
Walk to Run	WYTHENSHAW PARK	TUESDAY	18:00 - 19:00
Aerobics	BRUNSWICK PARISH CHURCH.	WEDNESDAY	18:00 - 19:00
Aerobics	BRUNSWICK PARISH CHURCH.	FRIDAY	18:00 - 19:00
Aerobics	THE FORUM	FRIDAY	19:00 - 20:00