

**NINA'S HAVE A GO SCHEDULE 2017**

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	2ND OCTOBER	3RD OCTOBER	4TH OCTOBER	5TH OCTOBER	6TH OCTOBER	7TH OCTOBER
	RUN			RUN		
	1730 - 1830			1730 - 1830		
		RIDE				RIDE
		1730 - 1830				0730 - 0830
<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	9ND OCTOBER	10TH OCTOBER	11TH OCTOBER	12TH OCTOBER	13TH OCTOBER	14TH OCTOBER
	SWIM		SWIM			
	0600-0700		0600-0700			
	RUN			RUN		
	1730 - 1830			1730 - 1830		
		RIDE				RIDE
		1730 - 1830				0730 - 0830
<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	16TH OCTOBER	17TH OCTOBER	18TH OCTOBER	19TH OCTOBER	20TH OCTOBER	21ST OCTOBER
	SWIM		SWIM			
	0600-0700		0600-0700			
	RUN			RUN		
	1730 - 1830			1730 - 1830		
		RIDE				RIDE
		1730 - 1830				0730 - 0830
<b>WEEK 4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	23RD OCTOBER	24TH OCTOBER	25TH OCTOBER	26TH OCTOBER	27TH OCTOBER	28TH OCTOBER
	SWIM		SWIM			
	0600-0700		0600-0700			
	RUN			RUN		
	1730 - 1830			1730 - 1830		
		RIDE				RIDE
		1730 - 1830				0730 - 0830
<b>WEEK 5</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	30TH OCTOBER	31ST OCTOBER	1ST NOVEMBER	2ND NOVEMBER	3RD NOVEMBER	4TH NOVEMBER
	SWIM		SWIM			
	0600-0700		0600-0700			
	RUN			RUN		
	1730 - 1830			1730 - 1830		
		RIDE				RIDE
		1730 - 1830				0730 - 0830
<b>WEEK 6</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	6TH NOVEMBER	7TH NOVEMBER	8TH NOVEMBER	9TH NOVEMBER	10TH NOVEMBER	11TH NOVEMBER
	SWIM		SWIM			
	0600-0700		0600-0700			
	RUN			RUN		
	1730 - 1830			1730 - 1830		
		RIDE				RIDE
		1730 - 1830				0730 - 0830
	SWIMMING	SOUTHWEST SPORTS CENTRE		Note: starts second week	entry fee still applies	
	RIDING	BIGSWAMP CARPARK		Closest to Hayward Street	Bring your bike and helmet	
	RUNNING	BUNBURY RUNNERS CLUB		1 Ocean Drive Bunbury		