

# 2019 Events



JANUARY	FEBRUARY	MARCH	APRIL
<p><b>Saturday 5th January:</b> Bennachie Hill Walk</p>	<p><b>Saturday 2nd February:</b> Ten Pin Bowling</p> <p><b>Friday 8th February:</b> AKR Friday Night Seminar, 1815</p>	<p><b>Saturday 2nd March:</b> AKR Dog Walk</p>	<p><b>W/c Monday 1st April:</b> Personal Challenge Week</p> <p><b>Saturday 6th April:</b> The AKR Spring Games</p>
MAY	JUNE	JULY	AUGUST
<p><b>Saturday 4th May:</b> Coffee &amp; Cake Meet-up</p> <p><b>Saturday 4th May:</b> Tactical Strength Challenge</p> <p><b>Friday 10th May:</b> AKR Friday Night Seminar, 1815</p>	<p><b>Saturday 1st June:</b> Rounders / Frisbee @Duthie Park</p>	<p><b>W/c Monday 1st July:</b> Personal Challenge Week</p> <p><b>Saturday 6th July:</b> Q2 Round-up Event (Bootcamp/Highland Games TBC)</p>	<p><b>Saturday 3rd August:</b> TBC</p> <p><b>Friday 9th August:</b> AKR Friday Night Seminar, 1815</p> <p><b>Sunday 25th August:</b> Great Aberdeen Run (Half Marathon &amp; 10k)</p>
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p><b>Saturday 7th September:</b> AKR Anniversary BBQ @Mannofield Cricket Club</p> <p><b>Saturday 21st September:</b> Banchory Beast Race</p> <p><b>W/c Monday 30th September:</b> Personal Challenge Week</p>	<p><b>Saturday 5th Oct:</b> The AKR Autumn Games</p>	<p><b>Saturday 2nd November:</b> Group Walk</p> <p><b>Friday 8th November:</b> AKR Friday Night Seminar, 1815</p>	<p><b>Saturday 7th December:</b> Ice-skating / Christmas Market</p> <p><b>W/c Monday 16th December:</b> Personal Challenge Week</p> <p><b>Monday 23rd December:</b> The Nutcracker Workout!</p>