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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | **1**  **6pm FitSteps** | **2** | **3**  **9am Core & Restore**  **10am FitSteps** |
| 4 | **5**  **6pm Combat Fitness**  **7pm Core & Restore** | **6**  **6pm Step Fitness** | **7 Sylvans**  **6pm FitSteps**  **7pm Retro R&R** | **8**  **6pm FitSteps** | **9** | **10**  **NO CLASSES** |
| 11 | **12**  **NO CLASSES** | **13**  **NO CLASSES** | **14**  **Dance Xmas Night out** | **15**  **NO CLASSES** | **16** | **17**  **NO CLASSES** |
| 18 | **19**  **NO CLASSES** | **20**  **NO CLASSES** | **21**  **NO CLASSES** | **22**  **NO CLASSES** | **23** | **24**  **NO CLASSES** |
| 25 | **26**  **NO CLASSES** | **27**  **NO CLASSES** | **28**  **NO CLASSES** | **29**  **NO CLASSES** | **30** | **31**  **Classes restart 9th January** |

**December 2022 Timetable All Classes at SSCC. Wednesday at Sylvans FC**