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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 30 |  |  |  |  |  | **1**  **9am Core & Restore**  **10am FitSteps** |
| 2 | **3**  **6pm Combat Fitness**  **7pm Core & Restore** | **4**  **6pm Step Fitness** | **5**  **6pm FitSteps (Trelade Hotel)** | **6**  **6pm FitSteps** | **7** | **8**  **9am Core & Restore**  **10am FitSteps** |
| 9 | **10**  **6pm Combat Fitness**  **7pm Core & Restore** | **11**  **6pm Step Fitness** | **12**  **6pm FitSteps (Trelade Hotel)** | **13**  **6pm FitSteps** | **14** | **15**  **9am Core & Restore**  **10am FitSteps** |
| 16 | **17**  **6pm Combat Fitness**  **7pm Core & Restore** | **18**  **6pm Step Fitness** | **19**  **6pm FitSteps (Trelade Hotel)** | **20**  **6pm FitSteps** | **21** | **22**  **9am Core & Restore**  **10am FitSteps** |
| 23 | **24**  **6pm Combat Fitness**  **7pm Core & Restore** | **25**  **6pm Step Fitness** | **26**  **6pm FitSteps (Trelade Hotel)** | **27**  **6pm FitSteps** | **28** | **29**  **9am Core & Restore**  **10am FitSteps** |

**November 2020 Timetable All Classes at SSCC unless marked.**