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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.**