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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday  | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | **1** | **2****No Classes** |
| 3 | **4****6pm** **Body Combat****7pm Core & Restore** | **5****6pm Step Fitness** | **6****6pm FitSteps (La Trelade)** | **7****6pm FitSteps** | **8** | **9****9am Core & Restore****10.00am FitSteps** |
| 10 | **11****6pm** **Body Combat****7pm** **Core & Restore** | **12****6pm Step Fitness** | **13****6pm FitSteps (La Trelade)** | **14****6pm FitSteps** | **15** | **16****9am Core & Restore****10.00am FitSteps** |
| 17 | **18****6pm** **Body Combat****7pm** **Core & Restore** | **19****6pm Step Fitness** | **20****6pm FitSteps (La Trelade)** | **21****6pm FitSteps** | **22** | **23****9am Core & Restore****10.00am FitSteps** |
| 24 | **25****6pm** **Body Combat****7pm** **Core & Restore** | **26****6pm Step Fitness** | **27****6pm FitSteps (La Trelade)** | **28****6pm FitSteps** | **29** | **30****Classes TBC** |

**November 2019 Timetable Wednesdays 6pm FitSteps with Vanessa & Myself. All Classes at SSCC unless marked.**