|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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.**