|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | **1** | **2** | **3** | **4** | **5** | **6** |
| 7 | **8**  **6.30 Core & Restore** | **9**  **6pm Step Fitness** | **10 La Trelade**  **6pm FitSteps**  **7pm Retro R&R** | **11**  **6pm FitSteps** | **12** | **13**  **9am Core & Restore**  **10am FitSteps** |
| 14 | **15**  **6.30 Core & Restore** | **16**  **6pm Step Fitness** | **17 La Trelade**  **6pm FitSteps**  **7pm Retro R&R** | **18**  **6pm FitSteps** | **19** | **20**  **9am Core & Restore**  **10am FitSteps** |
| 21 | **22**  **6.30 Core & Restore** | **23**  **6pm Step Fitness** | **24 La Trelade**  **6pm FitSteps**  **7pm Retro R&R** | **25**  **6pm FitSteps** | **26** | **27**  **9am Core & Restore**  **10am FitSteps** |
| 28 | **29**  **6.30 Core & Restore** | **30**  **6pm Step Fitness** | **31 La Trelade**  **6pm FitSteps**  **7pm Retro R&R** |  |  |  |

**January 2024 Timetable All Classes at SSCC. – Except Wednesdays La Trelade Hotel**