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| --- | --- | --- | --- | --- | --- | --- |
| 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**