|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday  | Wednesday | Thursday | Friday | Saturday |
| 31 |  |  |  |  | **1** | **2** |
| 3 | **4****6.00 FitSteps****7.00 Core & Restore** | **5****6pm Step Fitness****7pm Chair Exercise** | **6** | **7** | **8** | **9** |
| 10 | **11****6.00 FitSteps****7.00 Core & Restore** | **12****6pm Step Fitness****7pm Chair Exercise** | **13** | **14** | **15** | **16** |
| 17 | **18****6.00 FitSteps****7.00 Core & Restore** | **19****6pm Step Fitness****7pm Chair Exercise** | **20** | **21** | **22** | **23** |
| 24 | **25****No Classes**  | **26****No Classes** | **27** | **28** | **29** | **30** |

**August 2025 Timetable All Classes at St Saviours Community Centre**