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