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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday  | Wednesday | Thursday | Friday | Saturday |
|  |  | **1****6pm Step Fitness** | **2****6pm FitSteps****7pm Rock n Roll****TRELADE** | **3****6pm FitSteps** | **4** | **5****9am Core & Restore****10am FitSteps****11am Chair Exercise** |
| 6 | **7****6.30 Core & Restore** | **8****6pm Step Fitness** | **9****6pm FitSteps****7pm Rock n Roll****TRELADE** | **10****6pm FitSteps** | **11** | **12****9am Core & Restore****10am FitSteps****11am Chair Exercise** |
| 13 | **14****6.30 Core & Restore** | **15****6pm Step Fitness** | **16****6pm FitSteps****7pm Rock n Roll****TRELADE** | **17****6pm FitSteps** | **18** | **19****NO CLASSES****Easter Saturday** |
| 20 | **21****No Class****Easter Monday** | **22****6pm Step Fitness** | **23****6pm FitSteps****7pm Rock n Roll****TRELADE** | **24****6pm FitSteps** | **25** | **26****9am Core & Restore****10am FitSteps****11am Chair Exercise** |
| 27 | **28****6.30 Core & Restore** | **29****6pm Step Fitness** | **30****6pm FitSteps****7pm Rock n Roll****TRELADE** |  |  |  |

**April 2025 Timetable All Classes at SSCC except Wednesday at La Trelade**