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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**