

Rise – Caterham

Basic class timetable (typical week)

Day of week	Start time	Service name	Staff name
Monday	08:30	Reformer - Foundations	Emily C
Monday	18:30	Reformer - Foundations	Megan A
Monday	07:30	Reformer - Foundations	Emily C
Monday	09:30	Reformer - Foundations	Emily C
Monday	06:30	Reformer - Flow	Emily C
Monday	19:30	Reformer - Foundations	Megan A
Monday	17:30	Reformer - Flow	Megan A
Tuesday	17:30	Reformer - Foundations	Emily C
Tuesday	18:30	Reformer - Foundations	Emily C
Tuesday	19:30	Reformer - Foundations	Emily C
Tuesday	06:30	Reformer - Foundations	Cathy B
Tuesday	08:30	Reformer - Foundations	Cathy B
Tuesday	09:30	Reformer - Foundations	Cathy B
Tuesday	10:30	Reformer - Foundations	Cathy B
Tuesday	07:30	Reformer - Foundations	Cathy B
Wednesday	10:30	Reformer - Foundations	Hannah C
Wednesday	08:30	Reformer - Foundations	Hannah C
Wednesday	19:00	Reformer - Foundations	Emily C
Wednesday	09:30	Reformer - Flow	Hannah C
Wednesday	12:00	Reformer - Foundations	Hannah C
Wednesday	20:00	Reformer - Flow	Emily C
Wednesday	18:00	Reformer - Foundations	Emily C
Thursday	17:00	Reformer - Foundations	Maddie D
Thursday	20:00	Reformer - Foundations	Maddie D
Thursday	18:00	Reformer - Foundations	Maddie D
Thursday	19:00	Reformer - Flow	Maddie D
Friday	07:00	Reformer - Flow	Megan A
Friday	09:15	Reformer - Foundations	Megan A
Friday	10:15	Reformer - Foundations	Megan A
Friday	08:00	Reformer - Foundations	Megan A
Saturday	08:00	Reformer - Foundations	Emily C
Saturday	09:00	Reformer - Flow	Emily C
Saturday	10:00	Reformer - Foundations	Emily C
Saturday	07:00	Reformer - Foundations	Emily C
Sunday	17:00	Reformer - Foundations	Chanelle E
Sunday	16:00	Reformer - Flow	Chanelle E