

RISE 2020 CLASS TIMETABLE

MONDAY

Time	Class Size	Class Description	Practitioner
10:00 – 10:50am	4	Reformer Class Semi Private Training	Stacey Cherry
10:00 – 10:50am	4	Reformer Class Semi Private Training	Caitlin Murphy
3:20 – 4:10pm	8	FSC Small Group Training	Luke Dowse
5:00 – 5:50pm	4	FSC Semi Private Training	Grace Ramsden
6:00 – 6:50pm	4	FSC Semi Private Training	Bianca Blaze
6:00 – 6:50pm	4	High Performance Reformer Class	Leigh Iacovangelo
7:00 – 7:50pm	8	Lower Limb Rehabilitation Strength & Stability	Grace Ramsden
8:00 – 8:50pm	8	Mat Class Small Group Training	Bianca Blaze

TUESDAY

Time	Class Size	Class Description	Practitioner
6:00 – 6:50am	4	FSC Semi Private Training	Matthew Pollard
4:00 – 4:50pm	8	YOUTH S&C	Leroy Mclennan
6:00 – 6:50pm	8	FSC Small Group Training	Finn Kenny
6:00 – 6:50pm	4	Reformer Class Semi Private	Bianca Blaze
7:00 – 7:50pm	8	FSC Small Group Training	Finn Kenny
7:00 – 7:50pm	8	Reformer Class Small Group Training	Bianca Blaze

WEDNESDAY

Time	Class Size	Class Description	Practitioner
9:00 – 9:50am	8	Reformer Class Small Group Training	Leigh Iacovangelo
9:00 – 9:50am	8	RSA Rehab Class	Leroy Mclennan
10:00 – 10:50am	4	Reformer Class Semi Private Training	Caitlin Murphy
4:00 – 4:50pm	4	FSC Semi Private Training	Matthew Pollard
4:00 – 4:50pm	8	YOUTH Strength & Conditioning	Leroy Mclennan
5:00 – 5:50pm	4	FSC Semi Private Training	Matthew Pollard
5:00 – 5:50pm	4	FSC Semi Private Training	Adrian Matotek
5:00 – 5:50pm	8	Strength & Power 4 Runners	Leigh Iacovangelo
6:00 – 6:50pm	4	Reformer Class Semi Private	Leigh Iacovangelo
7:00 – 7:50pm	4	High Performance Reformer Class	Leigh Iacovangelo
7:00 – 7:50pm	8	Lower Limb Rehabilitation Strength & Stability	Adrian Matotek
7:00 – 7:50pm	8	Olympic Lifting	Nic Scheelings

THURSDAY			
Time	Class Size	Class Description	Practitioner
6:00 – 6:50am	4	FSC Semi Private Training	Matthew Pollard
4:00 – 4:50pm	8	Reformer Class Small Group Training	Bianca Blaze
5:00 – 5:50pm	4	FSC Semi Private Training	Bianca Blaze
6:00 – 6:50pm	4	FSC Semi Private Training	Zoe Ruth
6:00 – 6:50pm	8	FSC Small Group Training	Bianca Blaze
6:00 – 6:50pm	4	Reformer Class Semi Private Training	Caitlin Murphy
7:00 – 7:50pm	8	FSC Small Group Training	Bianca Blaze
7:00 – 7:50pm	8	Lower Limb Rehabilitation Strength & Stability	Bianca Blaze
7:00 – 7:50pm	8	Reformer Class Small Group Training	Caitlin Murphy
FRIDAY			
Time	Class Size	Class Description	Practitioner
9:00 – 9:50am	8	RSA Rehab Class	Leroy Mclennan
4:00 – 4:50pm	8	YOUTH Strength & Conditioning	Leroy Mclennan
5:00 – 5:50pm	4	FSC Semi Private Training	Adrian Matotek
6:00 – 6:50pm	4	FSC Semi Private Training	Adrian Matotek
SATURDAY			
Time	Class Size	Class Description	Practitioner
8:00 – 8:50am	8	GET FIT	Grace Ramsden
8:00 – 8:50am	8	Lower Limb Rehabilitation	Adrian Matotek
8:00 – 8:50am	8	Mat Class Small Group Training	Stacey Cherry
9:00 – 9:50am	4	FSC Semi Private Training	Adrian Matotek
9:00 – 9:50am	8	Lower Limb Rehabilitation Strength & Stability	Grace Ramsden
9:00 – 9:50am	8	Reformer Class Small Group Training	Stacey Cherry
10:00 – 10:00am	4	Reformer Class Semi Private Training	Stacey Cherry
11:00 – 11:50am	4	Reformer Class Semi Private Training	Stacey Cherry