# Kate Knight SJ

| Time | Riders Name | Lesson Type |
|---|---|---|
| 10.00am | Mentoring | |
| 11.00am | SJ Team Training | |
| 12.00pm | SJ Team Training | |
| 1.00pm | Lunch | |
| 1.30pm | Gemma Zimmer Smith | 30 min Private |
| 2.00pm | Laura Briers | 30 min Private |
| 2.30pm | Sarah Porter | 30 min Private |
| 3.00pm | Kate Elsey | 30 min Private |
| 3.30pm | Rachel Dinwoodie | 30 min Private |
| 4.00pm | Finish | |

**Notes**

If riders have any comments regarding the team trai
Rachel Dinwoodie - please can you contact Amy or
individual session.

***Thankyou***