

WSC NECT GEN PILATES GROUP TIMETABLE
CORRECT FROM 5TH JUNE 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM	AQUATIC PHYSIO (HYDRO) Lisa CB				AQUATIC PHYSIO (HYDRO) Leisa S	
7:45 AM	7:30 AM Start				7:30 AM Start	
8:00 AM						
8:15 AM			GYM REHAB Leisa		GYM REHAB Leisa S	
8:30 AM			8:15 AM Start		8:15 AM Start	
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM	GYM REHAB Ben					
11:30 AM	11:15 AM Start					
11:45 AM						
12:00 PM					AQUATIC PHYSIO (HYDRO) Lisa CB	
12:15 PM					12:00 PM Start	
12:30 PM					AQUATIC PHYSIO (HYDRO) Lisa CB	
12:45 PM					12:30 PM Start	
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM	AQUATIC PHYSIO (HYDRO) Jen	AQUATIC PHYSIO (HYDRO) Jen	AQUATIC PHYSIO (HYDRO) Lisa CB	GYM REHAB Ben	AQUATIC PHYSIO (HYDRO) Jason	
2:15 PM	2:00 PM Start	2:00 PM Start	2:00 PM Start	2:00 PM Start	2:00 PM Start	
2:30 PM	AQUATIC PHYSIO (HYDRO) Jen	AQUATIC PHYSIO (HYDRO) Jen	AQUATIC PHYSIO (HYDRO) Lisa CB		AQUATIC PHYSIO (HYDRO) Jason	
2:45 PM	2:30 PM Start	2:30 PM Start	2:30 PM Start		2:30 PM Start	
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM		KNEE CLUB Nat			KNEE CLUB Kate	SESSION DURATION AQUATIC PHYSIO - 30 MINS KNEE CLUB - 45 MINS GYM REHAB 45 MINS
4:15 PM		4:00 PM Start			4:00 PM Start	
4:30 PM						
4:45 PM		KNEE CLUB Nat			KNEE CLUB Kate	
5:00 PM		4:45 PM Start			4:45 PM Start	
5:15 PM						
5:30 PM		ANTENATAL PHYSIO (HYDRO) Jen				
5:45 PM		5:30 PM Start				
6:00 PM						
6:15 PM						
6:30 PM						