

**WSC NEXT GEN GROUP TIMETABLE**  
CORRECT FROM 30TH NOVEMBER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	AQUATIC PHYSIO (HYDRO) Matt R		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		GLA:D Natalie
8:30 AM			8:15 AM Start		8:00 AM Start
8:45 AM					GYM REHAB Leisa S
9:00 AM					8:15 AM Start
9:15 AM		GLA:D Natalie			
9:30 AM		9:15 AM Start			
9:45 AM					
10:00 AM					
10:15 AM					
10:30 AM					
11:15 AM					
11:30 AM				GLA:D Kate	
11:45 AM				11:30 AM Start	
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	AQUATIC PHYSIO (HYDRO) Matt R	
2:15 PM	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) Matt R	
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	
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			AQUATIC PHYSIO (HYDRO) Jen		
5:45 PM			5:30 PM Start		
6:00 PM	GLA:D Jennifer			GLA:D Kate	
6:15 PM	6:00 PM Start			6:00 PM Start	
6:30 PM			GLA:D Leisa		
6:45 PM			6:30 PM Start		
7:00 PM					
7:15 PM					

SESSION DURATION

AQUATIC PHYSIO - 30 MINS

KNEE CLUB - 45 MINS

GYM REHAB 45 MINS

GLA:D 60 MINS