

WSC NEXT GEN GROUP TIMETABLE
EFFECTIVE FROM APRIL 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	AQUATIC PHYSIO (HYDRO) Matt R 7:30 AM Start		AQUATIC PHYSIO (HYDRO) Jen 7:30 AM Start		
7:45 AM					
8:00 AM					
8:15 AM			GYM REHAB Leisa 8:15 AM Start		GLA:D Leisa 8:00 AM Start
8:30 AM					
8:45 AM					
9:00 AM					
9:15 AM		GLA:D Natalie 9:15 AM Start			
9:30 AM					
9:45 AM					
10:00 AM			GLA:D Jen 10:00 AM Start		
10:15 AM					
10:30 AM					
11:00 AM					
11:15 AM					
11:30 AM				GLA:D Kate 11:30 AM Start	
11:45 AM					
12:00 PM					AQUATIC PHYSIO (HYDRO) Lisa CB 12:00 PM Start
12:15 PM					
12:30 PM					
12:45 PM					
1:00 PM			AQUATIC PHYSIO (HYDRO) Lisa CB 1:00 PM Start		AQUATIC PHYSIO (HYDRO) Lisa CB 1:00 PM Start
1:15 PM					
1:30 PM					
1:45 PM					
2:00 PM	AQUATIC PHYSIO (HYDRO) Jen 2:00 PM Start	AQUATIC PHYSIO (HYDRO) Jen 2:00 PM Start		AQUATIC PHYSIO (HYDRO) Matt R 2:00 PM Start	
2:15 PM					
2:30 PM	AQUATIC PHYSIO (HYDRO) Jen 2:30 PM Start	AQUATIC PHYSIO (HYDRO) Jen 2:30 PM Start	AQUATIC PHYSIO (HYDRO) Lisa CB 2:30 PM Start	AQUATIC PHYSIO (HYDRO) Matt R 2:30 PM Start	
2:45 PM					
3:00 PM	GYM REHAB Leisa 3:00 PM Start				
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM		KNEE CLUB Nat 4:00 PM Start		KNEE CLUB Kate 4:00 PM Start	
4:15 PM					
4:30 PM					
4:45 PM		KNEE CLUB Nat 4:45 PM Start		KNEE CLUB Kate 4:45 PM Start	
5:00 PM					
5:15 PM					
5:30 PM		AQUATIC PHYSIO (HYDRO) Jen 5:30 PM Start			
5:45 PM					
6:00 PM	GLA:D Jennifer 6:00 PM Start			GLA:D Kate 6:00 PM Start	
6:15 PM					
6:30 PM			GLA:D Leisa 6:30 PM Start		
6:45 PM					
7:00 PM					
7:15 PM					

SESSION DURATION
AQUATIC PHYSIO - 30 MINS
KNEE CLUB - 45 MINS
GYM REHAB 45 MINS
GLA:D 60 MINS