

WSC NEXT GEN GROUP TIMETABLE
EFFECTIVE FROM MAY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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					GLA:D Leisa 8:00 AM Start	
8:30 AM			GYM REHAB Leisa 8:15 AM Start			
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM		GLA:D Natalie 9:15 AM Start				
9:45 AM						
10:00 AM			GLA:D Jen 10:00 AM Start			
10:15 AM						
10:30 AM						
11:00 AM						GLA:D Jen 11:00 AM Start
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						
6:15 PM	GLA:D Jennifer 6:00 PM Start			GLA:D Kate 6:00 PM Start		
6:30 PM						
6:45 PM			GLA:D Leisa 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