


WSC NEXT GEN PILATES GROUP TIMETABLE
EFFECTIVE FROM OCTOBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM				CLINICAL PILATES Jen 7:30 AM Start		
7:45 AM		CLINICAL PILATES Paul 7.45 AM Start				CLINICAL PILATES Jennifer 8:00 AM Start
8:00 AM				CLINICAL PILATES Jen 8.15 AM Start		
8:15 AM						
8:30 AM	CLINICAL PILATES Jennifer 8:30 AM Start					CLINICAL PILATES Jennifer 8.45 AM Start
8:45 AM						
9:00 AM	CLINICAL PILATES Jennifer 9:15 AM Start					
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM					CLINICAL PILATES Lisa CB 10:00 AM Start	
10:15 AM		CLINICAL PILATES Paul 10.15 AM Start				
10:30 AM					CLINICAL PILATES Lisa CB 10.45 AM Start	
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM			CLINICAL PILATES Lisa CB 11:20 AM Start			
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM				CLINICAL PILATES Jen 12:30 PM Start		
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM	TEENS PILATES & REHAB Leisa S 4:30 Start			TEENS PILATES & REHAB Leisa S 4:30 PM Start		
4:45 PM						
5:00 PM						
5:15 PM	CLINICAL PILATES Jennifer 5.15 Start	TEENS PILATES & REHAB Leisa S 5:15 PM	CLINICAL PILATES Matt R 5.15 PM Start	CLINICAL PILATES Leisa S 5.15 PM Start		
5:30 PM						
5:45 PM						
6:00 PM			CLINICAL PILATES Matt R 6:00 PM Start			
6:15 PM						
6:30 PM						
6:45 PM						

**CLINICAL PILATES
SESSION DURATION**

45 MINS



WAKEFIELD
SPORTS CLINIC
