

WSC NEXT GEN GROUP TIMETABLE  
EFFECTIVE FROM NOVEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM	AQUATIC PHYSIO (HYDRO) Paul		AQUATIC PHYSIO (HYDRO) Jennifer			
7:45 AM	7:30 AM Start		7:30 AM Start			
8:00 AM						
8:15 AM			GYM REHAB Leisa S		GLA:D Leisa	
8:30 AM			8:15 AM Start		8:00 AM Start	
8:45 AM						
9:00 AM			GLA:D Leisa S			
9:15 AM		GLA:D Paul	9:00 AM Start			
9:30 AM		9:15 AM Start				
9:45 AM						
10:00 AM	GLA:D Jennifer		GLA:D Jennifer		GYM REHAB Leisa	
10:15 AM	10:00 AM Start		10:20 AM Start		10:20 AM Start	
10:30 AM				AQUATIC PHYSIO (HYDRO) Jennifer		GLA:D Jennifer
11:00 AM				11:00 AM Start		11:00 AM Start
11:15 AM						
11:30 AM				GLA:D Kate		
11:45 AM				11:30 AM Start		
12:00 PM					GLA:D Paul	AQUATIC PHYSIO (HYDRO) Lisa CB
12:15 PM					12:00 PM Start	12:00 PM Start
12:30 PM						
12:45 PM						
1:00 PM			AQUATIC PHYSIO (HYDRO) Lisa CB		AQUATIC PHYSIO (HYDRO) Lisa CB	
1:15 PM			1:00 PM Start		1:00 PM Start	
1:30 PM						
1:45 PM						
2:00 PM	AQUATIC PHYSIO (HYDRO) Jennifer	AQUATIC PHYSIO (HYDRO) Jennifer				
2:15 PM	2:00 PM Start	2:00 PM Start				
2:30 PM	AQUATIC PHYSIO (HYDRO) Jennifer	AQUATIC PHYSIO (HYDRO) Jennifer	AQUATIC PHYSIO (HYDRO) Lisa CB			
2:45 PM	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 Chris			KNEE CLUB Kate		SESSION DURATION  AQUATIC PHYSIO - 30 MINS KNEE CLUB - 45 MINS GYM REHAB 45 MINS GLA:D 60 MINS
4:15 PM	4:00 PM Start			4:00 PM Start		
4:30 PM						
4:45 PM	KNEE CLUB Chris			KNEE CLUB Kate		
5:00 PM	4:45 PM Start			4:45 PM Start		
5:15 PM						
5:30 PM		AQUATIC PHYSIO (HYDRO) Jennifer				
5:45 PM		5:40 PM Start				
6:00 PM	GLA:D Kym			GLA:D Kate		
6:15 PM	6:00 PM Start			6:00 PM Start		
6:30 PM		GLA:D Leisa S				
6:45 PM		6:30 PM Start				
7:00 PM						
7:15 PM						