

**WSC NEXT GEN EXERCISE REHABILITATION
GROUP TIMETABLE
EFFECTIVE FROM JANUARY 2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM				EXERCISE REHAB Jennifer 7:30 AM Start		
7:45 AM		EXERCISE REHAB Paul 7.45 AM Start				EXERCISE REHAB Jennifer 8:00 AM Start
8:00 AM				EXERCISE REHAB Jennifer 8.15 AM Start		EXERCISE REHAB Jennifer 8.45 AM Start
8:15 AM						
8:30 AM	EXERCISE REHAB Jennifer 8:30 AM Start					
8:45 AM						
9:00 AM	EXERCISE REHAB Jennifer 9:15 AM Start					
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM		EXERCISE REHAB Jennifer 10.15 AM Start			EXERCISE REHAB Lisa CB 10:00 AM Start	
10:15 AM					EXERCISE REHAB Lisa CB 10.45 AM Start	
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM			EXERCISE REHAB Lisa CB 11:20 AM Start			
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM				EXERCISE REHAB Jennifer 1:00 PM Start		
1:15 PM						
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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 EXERCISE REHAB Leisa S 4:30 Start			TEENS EXERCISE REHAB Leisa S 4:30 PM Start		
4:45 PM						
5:00 PM		TEENS EXERCISE REHAB Leisa S 5:15 PM	EXERCISE REHAB Kate 5.15 PM Start	EXERCISE REHAB Leisa S 5.15 PM Start		
5:15 PM	EXERCISE REHAB Jennifer 5.15 Start					
5:30 PM						
5:45 PM						
6:00 PM			EXERCISE REHAB Kate 6:00 PM Start			
6:15 PM						
6:30 PM						
6:45 PM						

**EXERCISE REHAB
SESSION DURATION**

45 MINS

