

WSC NEXT GEN GROUP TIMETABLE
EFFECTIVE FROM NOVEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:00 PM					
3:30 PM					
4:00 PM	KNEE CLUB Chris 4:00 PM Start			KNEE CLUB Kate 4:00 PM Start	
4:45 PM	KNEE CLUB Chris 4:45 PM Start			KNEE CLUB Kate 4:45 PM Start	
5:30 PM					
6:00 AM					

SESSION DURATION - KNEE CLUB - 45 MINS