

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM				EXERCISE REHABILITATION Jennifer 7:30 AM Start		
7:45 AM		EXERCISE REHABILITATION Jennifer 7:45 AM Start				
8:00 AM						EXERCISE REHABILITATION Kerryn 8:00 AM Start
8:15 AM				EXERCISE REHABILITATION Jennifer 8:15 AM Start		
8:30 AM	EXERCISE REHABILITATION Jennifer 8:30 AM Start					EXERCISE REHABILITATION Kerryn 8:45 AM Start
8:45 AM						
9:00 AM						EXERCISE REHABILITATION Kerryn 8:00 AM Start
9:15 AM	EXERCISE REHABILITATION Jennifer 9:15 AM Start					
9:30 AM						EXERCISE REHABILITATION Jennifer 8:45 AM Start
9:45 AM						
#####					EXERCISE REHABILITATION Lisa CB 10:00 AM Start	
#####		EXERCISE REHABILITATION Jennifer 10:15 AM Start				EXERCISE REHABILITATION Jennifer 8:00 AM Start
#####					EXERCISE REHABILITATION Lisa CB 10:45 AM Start	
#####						
#####			EXERCISE REHABILITATION Lisa CB 11:20 AM Start			
#####						
#####						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM				EXERCISE REHABILITATION Jennifer 1:00 PM Start		
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 EXERCISE REHABILITATION Leisa S 4:30 Start			TEENS EXERCISE REHABILITATION Leisa S 4:30 PM Start		
4:45 PM						
5:00 PM						
5:15 PM	EXERCISE REHABILITATION Jennifer 5:15 Start	TEENS EXERCISE REHABILITATION Leisa S 5:15 PM	EXERCISE REHABILITATION Kerryn 5:15 PM Start	EXERCISE REHABILITATION Leisa S 5:15 PM Start		
5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM			EXERCISE REHABILITATION Kerryn 6:00 PM Start			
6:30 PM						
6:45 PM						



SESSION DURATION - EXERCISE REHABILITATION 45 MINS
Class cancellation policy- Minimum of 3 hours notice for all cancellations