

WSC NEXT GEN GROUP TIMETABLE
EFFECTIVE FROM MAY 2019

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

SESSION DURATION - KNEE CLUB - 45 MINS

** Cancellation policy for group sessions **

As there is a high demand for some group times- Please give up to 24 hrs notice for cancellations