

JSSC RUNNING STRENGTH AND CONDITIONING 2022

DAY	TIME	LEVEL
Mondays	5.30pm – 6.30pm	All
	6:40pm – 7.40pm	All
Tuesdays	7:30am – 8.30am	All
	5.00pm – 6.00pm	Beginners
Wednesday	5.30pm – 6.30pm	All

DAY	TIME	LEVEL
Thursdays	5.15pm – 6.15pm	All
	6.20pm – 7.20pm	All
Friday	7.30am – 8.30am	All

*Fallow time included

DATES OF TERMS

Term 1	Monday 10th January 2022 – Monday 4th April 2022 <i>(Half term 21st February – 25th February)</i>
Term 2	Monday 25th April 2022 – Monday 18th July 2022 <i>(Half term 30th May – 3rd June)</i>
Term 3	Monday 5th September 2022 – Monday 12th December 2022 <i>(Half term 24th October – 28th October)</i>

TERM PAYERS ONLY INTERMEDIATE:

Term 1	12 week term	£201.00	
Term 2	Mondays	10 week term	£167.50
Term 2	Tues, Wed, Thurs & Fri	12 week term	£201.00
Term 3	14 week term	£234.50	

DIRECT DEBIT CHARGES: (EXCLUDING BEGINNERS CLASSES)

Annual Fee Mondays	£50.25 per month
Annual Fee Tues, Wed, Thurs & Fri	£53.04 per month

BEGINNERS FOUNDATION COURSE + 1 HOUR 1-2-1 ASSESSMENT:

Term 1	12 week term	£350.00
Term 2	12 week term	£350.00
Term 3	14 week term	£385.00

FOR FURTHER INFORMATION:

Please contact the Clinic on (01534) 490312 or email reception@physiojersey.com or go online to www.physiojersey.com

SIGN UP TO OUR MONTHLY NEWSLETTER TO KEEP UP-TO-DATE WITH ANY CHANGES AND FOR EXTRA CLASSES!



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