

# JSSC PILATES 2023

## AT BODYROX

\*CLASS INSTRUCTORS: KC - Kelly Cornick, NM - Nigel Mann.

DAY	TIME	LEVEL	WITH*	DAY	TIME	LEVEL	WITH*
Mondays	10.30am – 11.30am	All	NM	Wednesdays	5.10pm – 6.00pm	All	KC
	5.30pm – 6.30pm	Beginners	KC		6.10pm – 7.00pm	All	KC
	6.30pm – 7.30pm	All	KC	Thursdays	9:30am – 10.30pm	All	KC
Tuesdays	9:30am – 10.30am	All	KC		10.30am – 11.30am	All	KC
	12.00pm – 1.00pm	All	KC		12.00pm – 1.00pm	All	KC
	1.00pm – 2.00pm	Gents Only	KC				
	6:00pm – 7.00pm	All	KC				
	7.00pm – 8.00pm	All	KC				

### DATES OF TERMS

- Term 1 Monday 9th January 2023 – Monday 27th March 2023 (Half term 13th February – 17th February)
- Term 2 Monday 17th April 2023 – Monday 17th July 2023 (Half term 29th May – 2nd June)
- Summer Monday 31st July 2023 – Monday 21st August 2023 (SUBJECT TO AVAILABILITY DUE TO DECREASED OFFERING)
- Term 3 Monday 4th September 2023 – Monday 11th December 2023 (Half term 23rd October – 27th October)

### TERM PAYERS ONLY:

Term 1		11 week term	£176.00
Term 2	Mondays	10 week term	£160.00
Term 2	Tuesdays	12 week term	£192.00
Term 2	Wednesdays & Thursdays	13 week term	£208.00
Summer		4 week term	£64.00
Term 3		14 week term	£224.00

### DIRECT DEBIT CHARGES: (EXCLUDING BEGINNERS CLASSES) • (EXCLUDING SUMMER CLASSES)

Annual Fee Mondays £46.67 per month & Tuesdays £49.33 per month

Annual Fee Wednesdays & Thursdays £50.67 per month

Please note our Pilates band set must be purchased prior for use in all classes. The set includes 4 x mini loop bands and 1 x handled TheraBand and costs £30.00. Please speak to a member of staff to purchase.

**VENUE:** BODYROX, UNIT 1A LIBERTY WHARF, LA ROUTE DE LA LIBÉRATION, ST HELIER, JE2 3NY



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

Please contact the Clinic on (01534) 490312 or email [reception@physiojersey.com](mailto:reception@physiojersey.com) or go online to [www.physiojersey.com](http://www.physiojersey.com)

