

# JSSC RUNNING STRENGTH AND CONDITIONING 2023

DAY	TIME	LEVEL
<b>Mondays</b>	5.30pm – 6.30pm	All
<b>Tuesdays</b>	7:30am – 8.30am 5.00pm – 6.00pm 6.05pm – 7.00pm	All Beginners All
<b>Wednesday</b>	5.30pm – 6.30pm	All

DAY	TIME	LEVEL
<b>Thursdays</b>	7.30am – 8.30am 5.15pm – 6.15pm 6.20pm – 7.20pm	All All All

## DATES OF TERMS

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

## TERM PAYERS ONLY INTERMEDIATE:

Term 1	11 week term	£247.50
Term 2 Mondays	11 week term	£247.50
Term 2 Tuesdays	12 week term	£270.00
Term 2 Wed, Thurs & Fri	13 week term	£292.50
Summer	4 week term	£90.00
Term 3	14 week term	£315.00

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

Annual Fee Mondays	£65.63 per month
Annual Fee Tuesdays	£69.38 per month
Annual Fee Wed & Thurs	£71.25 per month

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

Term 1	11 week term	£399.99
Term 2	12 week term	£419.00
Term 3	14 week term	£464.00

## FOR FURTHER INFORMATION:

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)

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



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	5.00pm – 6.00pm	Beginners		6.20pm – 7.20pm	All
	6.05pm – 7.00pm	All			
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