

JSSC PILATES 2024

AT BODYROX & OSPREY HOUSE

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



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

DAY	TIME	LEVEL	WITH*
Mondays	10.30am – 11.30am	All	NM - BR
	5.00pm – 6.00pm	Beginners	KC - OH
	6.30pm – 7.30pm	All	KC - BR
Tuesdays	9:30am – 10.30am	All	KC - BR
	12.00pm – 1.00pm	All	KC - BR
	1.00pm – 2.00pm	Gents Only	KC - BR
	5:30pm – 6.30pm	Beginners	KC - OH
	6.30pm – 7.30pm	All	KC - OH

DAY	TIME	LEVEL	WITH*
Wednesdays	5.10pm – 6.00pm	All	KC - BR
	6.10pm – 7.00pm	All	KC - BR
Thursdays	9:30am – 10.30pm	All	KC - BR
	10.30am – 11.30am	All	KC - BR
	12.00pm – 1.00pm	All	KC - BR

DATES OF TERMS

- Term 1 Monday 8th January 2024 – Thursday 28th March 2024 (*Half term 12th February – 16th February*)
- Term 2 Monday 15th April 2024 – Thursday 18th July 2024 (*Half term 27th May – 31st May*) (*Bank Hols 6th, 9th & 27th May*)
- Summer (*DATES TO BE CONFIRMED*)
- Term 3 Monday 9th September 2024 – Thursday 22nd December 2024 (*Half term 28th October – 1st November*)

TERM PAYERS ONLY:

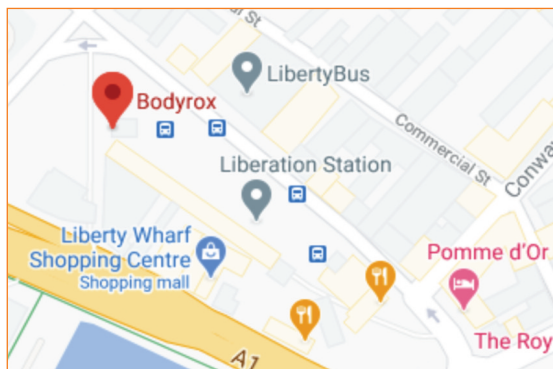
Term 1		11 week term	£176.00
Term 2	Mondays & Thursdays	11 week term	£192.00
Term 2	Tuesdays & Wednesdays	12 week term	£208.00
Summer		(<i>to be confirmed</i>)	
Term 3		14 week term	£224.00

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

Annual Fee Mondays & Thursdays £46.87 per month
Annual Fee Tuesdays & Wednesdays £48.13 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.

VENUES: BODYROX, UNIT 1A LIBERTY WHARF, LA ROUTE DE LA LIBÉRATION, ST HELIER, JE2 3NY
5TH FLOOR, OSPREY HOUSE, OLD STREET, ST HELIER, JE2 3RG



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

