

# JSSC RUNNING STRENGTH AND CONDITIONING 2024

DAY	TIME	LEVEL
<b>Mondays</b>	5.30pm – 6.30pm	All
<b>Tuesdays</b>	7:30am – 8.30am	All
	5.30pm – 6.30pm	All
	6.30pm – 7.30pm	All

DAY	TIME	LEVEL
<b>Thursdays</b>	7.30am – 8.30am	All

## DATES OF TERMS

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

## TERM PAYERS ONLY INTERMEDIATE:

Term 1	11 week term	£247.50	
Term 2	Mondays & Thursdays	12 week term	£270.00
Term 2	Tuesdays & Wednesdays	13 week term	£292.50
Summer	( <i>to be confirmed</i> )		
Term 3	14 week term	£315.00	

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

Annual Fee Mondays & Thursdays	£65.91 per month
Annual Fee Tuesdays & Wednesdays	£67.69 per month

## 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!

