



Mondays

10.30am – 11.30am	(All levels)	Instructor: NM (Nigel Mann)
5.30pm – 6.30pm	(Beginners)	Instructor: KC (Kelly Cornick)
6.30pm – 7.30pm	(All levels)	Instructor: KC

Tuesdays

9.30am – 10.30am	(All levels)	Instructor: KC
12.00pm – 1.00pm	(All levels)	Instructor: KC
1.00pm – 2.00pm	(Gents Only)	Instructor: KC
5.30pm – 6.30pm	(All levels)	Instructor: KC
6.30pm – 7.30pm	(All levels)	Instructor: KC

Wednesdays

5.10pm – 6.00pm	(All levels)	Instructor: KC
6.00pm – 7.00pm	(All levels)	Instructor: KC

Thursdays

9.30am – 10.30am	(All levels)	Instructor: KC
10.30am – 11.30am	(All levels)	Instructor: KC
12.00pm – 1.00pm	(All levels)	Instructor: KC

VENUE: Bodyrox, Unit 1A Liberty Wharf, La Route de la Libération, St Helier, JE2 3NY





Term 1

Dates: Monday, 6th January – Friday, 4th April

Half Term: Monday, 17th February – Friday, 21st February

Duration: 12 weeks

Cost: £192.00

Term 2

Dates: Monday, 22nd April – Friday 18th July

Half Term: Monday, 26th May – Friday, 30th May

Bank Holiday: Monday 21st April and 5th May

Duration: 10 weeks (Mondays) 12 weeks (other days)

Cost: £160.00 (Mondays), £192.00 (other days)

Term 3

Dates: Monday, 8th September – Friday, 19th December

Half Term: Monday, 27th October – Friday, 31st October

Duration: 14 weeks

Cost: £224.00

Summer (Provisional)

Dates: Monday, 28th July – Monday, 18th August

Total Weeks: 4 weeks

Cost: £64.00

ADDITIONAL INFORMATION:

Minimum of Initial 30 min pre start Assessment required £50

Pilates Band Set Requirement: £30.00 for the set (includes 4 x mini loop bands and 1 x long TheraBand tube with handles) Our Pilates band set is required for use in all classes

Contact Information:

Phone: (01534) 490312

Email for all enquiries: reception@physiojersey





THE JERSEY
**SPORTS &
SPINAL**
CLINIC

CLASS TIMINGS

Pilates 2025



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