

CLASS TIMINGS

Strength & Conditioning Classes 2025

Class Times:

Mondays:	5.30pm –		
	6.30pm		
Tuesdays:	7.30am –	5.30pm –	6.30pm –
	8.30am	6.30pm	7.30pm
Thursdays:	7.30am –		
	8.30am		

Term Dates:

Term 1: Monday, 6th January – Friday, 4th April (12 weeks) Half Term: Monday, 17th February – Friday, 21st February

Cost: £270

Term 2: Monday, 22nd April – Friday 18th July (10 weeks – Mondays* & 12 weeks – Tuesday / Thursday)

*Bank Holiday: Monday 21st April and 5th May Half Term: Monday, 26th May - Friday, 30th May

Cost: £225.00 (Mondays), £270 (other days)

Term 3: Monday, 8th September – Friday, 19th December (14 weeks)

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

Cost: £315

ADDITIONAL INFORMATION:

Minimum of 30 min initial Pre-Start Assessment required £95 Venue: Ground Floor IFC 5, Esplanade, St Helier, Jersey JE2 3BY

Contact Information: Phone: (01534) 490312

Email for all enquiries: reception@physiojersey.com



PHYSIOTHERAPY SPORTS INJURIES OCCUPATIONAL HEALTH PRE & POST OP PHYSIO REHAB PILATES