

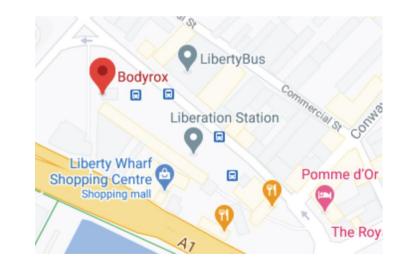
CLASS TIMINGS

Pilates 2025

Mondays

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





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



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: Tuesday, 22nd April – Friday 18th July (10 weeks – Mondays^{*} & 12 weeks – Other days) 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



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





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

