



### 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, 4<sup>th</sup> April

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

Duration: 12 weeks

Cost: £192.00

### Term 2

Dates: Tuesday, 22nd April – Friday 18<sup>th</sup> July (10 weeks – Mondays\* & 12 weeks – Other days)

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

\*Bank Holiday: Monday 21<sup>st</sup> 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](mailto:reception@physiojersey)





THE JERSEY  
**SPORTS &  
SPINAL**  
CLINIC

# CLASS TIMINGS

## Pilates 2025



[www.physiojersey.com](http://www.physiojersey.com)

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