

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 –	5.30pm –	
	8.30am	6.30pm	

Term Dates:

Term 1: Monday, 6th January – Friday, 4th April (12 weeks) *Half Term: Monday, 17th February – Friday, 21st February* Cost: £270

Term 2: Tuesday, 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: <u>reception@physiojersey.com</u>



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PILATES



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