THE JERSEY
SPORTS & SPINAL
CLINIC

CLASS TIMINGS

Strength and Conditioning Classes 2027

CLASS TIMES

DAY	*TIME*
Mondays	5.30pm – 6.30pm
Tuesdays	7.30am - 8.30am
	5.30pm – 6.30pm
	6.30pm – 7.30pm
Thursdays	7.30am - 8.30am
	5.30pm - 6.30pm

TERM 1

Dates: Monday 4th January – Thursday 25th March
Half Term: Monday 8th February – Friday 12th February
Duration: 11 weeks
Cost: £247.50

TERM 2

Dates: Monday 12th April – Thursday 15th July
Half Term: Tuesday 1st June – Friday 4th June
**Bank Holiday: Mon 3rd May, Mon 31st May*
Duration: 12 weeks (Mondays) 13 weeks (other days)
Cost: *£270.00 (Mondays), £292.50 (other days)

TERM 3

Dates: Monday 6th September – Friday 17th December
Half Term: Monday 25th October – Friday 29th October
Duration: 14 weeks
Cost: £315.00

SIGN UP TO OUR MONTHLY NEWSLETTER ON OUR WEBSITE: WWW.PHYSIOJERSEY.COM ✉

MONTHLY DIRECT DEBIT:

Monday - 37 weeks £832.50 or £69.38 monthly on Direct Debit
Other Days - 38 weeks £855.00 or £71.25 monthly on Direct Debit

ADDITIONAL INFORMATION:

Compulsory 30 mins pre-start assessment £95

VENUE:

GROUND FLOOR IFC 5, ESPLANADE, ST HELIER, JERSEY JE2 3BY

CONTACT INFORMATION:

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SPORTS INJURIES
OCCUPATIONAL HEALTH
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