



# MOVE MORE ABILITY



MORE ISLANDERS.  
MORE ACTIVE.  
MORE OFTEN.

Our Move More Ability programme covers Move More Ability Health Walks, Move More Ability sessions (formerly Sportability) and our Cycle Without Limits cycle sessions.

This timetable is currently subject to change, and numbers are strictly limited, due to ongoing Government of Jersey health and safety guidelines regarding COVID-19.

To find out more about our Cycle Without Limits centre, please visit [our website](#).

**To register and book any of our sessions, please get in touch.**

For further information telephone: **01534 757700** or email: [movemore@jerseysport.je](mailto:movemore@jerseysport.je)

FIND YOUR POWER WEEK – 29 MAY - 5 JUNE 2021			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
SAT 29	10:30 – 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
TUE 1	09.30 – 10.30	Cycle Without Limits Bike Skills Session	Cycle Without Limits Centre, Les Quennevais
	11.00 – 12.00	Cycle Without Limits Family Session	Cycle Without Limits Centre, Les Quennevais
	13.30 – 14.30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais



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DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 2	10:30 – 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	10:00 – 11:30	Move More Ability Session	Howard Davis Park
	17:45 – 18:45	Move More Ability Circuit Session	Oakfield
THU 3	10:30 – 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12:00 – 13:00	Cycle Without Limits Family Session	
	13:30 – 15:00	Cycle Without Limits Open Session	
	15:30 – 16:30	Cycle Without Limits Open Session	
FRI 4	10:30 – 11:30	Move More Ability Petanque Session	Weighbridge, St Helier (outside Ce Soir)
	14:00 – 15:00	Move More Ability Health Walk	St Catherine's Breakwater
SAT 5	10:30 – 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

**Please note: there are no sessions/walks on Bank Holiday Monday 31 May 2021.**