



MOVE MORE ABILITY

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](#).

You must register and book before attending any of our sessions, please get in touch.

For further information telephone: **01534 757700** or email: movemore@jerseysport.je

JUNE 2021			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
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	
	13.30 – 14.30	Cycle Without Limits Open Session	



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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
MON 7	10:30 – 11:30	Move More Ability Health Walk	Liberty Tree, by the Radisson Hotel, St Helier
	14:00 – 15:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	16:00 - 17:00	Cycle Without Limits Family Session	
	17:30 – 19:00	Cycle Without Limits Open Session	
WED 9	10:00 – 11:30	Cycle Without Limits School 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 10	10:30 – 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12.00 – 13.00	Cycle Without Limits Open Session	
	13:30 – 14:30	Cycle Without Limits Group Session	
FRI 11	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 12	11:00 – 17:00	Vistra Kids Triathlon	Open to any child aged 6-13. Our CWL bikes will be available for any child with a disability who wishes to take part with prior agreement. Please contact enquiries@3d-events.co.uk for more information
MON 14	10:30 – 11:30	Move More Ability Health Walk	Liberty Tree, by the Radisson Hotel, St Helier
	14:00 – 15:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	16:00 - 17:00	Cycle Without Limits Family Session	
	17:30 – 19:00	Cycle Without Limits Open Session	

DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 16	10:00 – 11:30	Cycle Without Limits School 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 17	10:30 – 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12.00 – 13.00	Cycle Without Limits Open Session	
	13:30 – 14:30	Cycle Without Limits Group Session	
FRI 18	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 19	10:30 – 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
MON 21	10:30 – 11:30	Move More Ability Health Walk	Liberty Tree, by the Radisson Hotel, St Helier
	14:00 – 15:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	16:00 - 17:00	Cycle Without Limits Family Session	
	17:30 – 19:00	Cycle Without Limits Open Session	

WED 23	10:00 – 11:30	Cycle Without Limits School 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 24	10:30 – 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12:00 – 13:00	Cycle Without Limits Open Session	
	13:30 – 14:30	Cycle Without Limits Group Session	
FRI 25	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 26	10:30 – 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
MON 28	10:30 – 11:30	Move More Ability Health Walk	Liberty Tree, by the Radisson Hotel, St Helier
	14:00 – 15:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	16:00 - 17:00	Cycle Without Limits Family Session	
	17:30 – 19:00	Cycle Without Limits Open Session	
WED 30	10:00 – 11:30	Cycle Without Limits School 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

Please note there are no sessions/walks on Monday 3 May and Monday 31 May (Bank Hol)