



CYCLE WITHOUT LIMITS

To find out more about our Cycle Without Limits centre, please visit [our website](https://overmore.je/cyclewithoutlimits).

You must register and book before attending any of our sessions.

New participants must register themselves via the Hub before joining their first session and all sessions must be booked ahead of attending.

To register for our Move More Ability sessions please visit:

[Move More Jersey - Online Referral Form - ReferAll Self-Referrals \(refer-all.net\)](https://overmore.je/cyclewithoutlimits)

For further information and to book a session,

please telephone: **01534757700** or email: movemore@jerseysport.je

MAY WEEK 1			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 4	10:00 - 11:30	Cycle Without Limits School Session	Cycle Without Limits Centre, Les Quennevais
THUR 5	10:30 - 11:30	Cycle Without Limits Open Session	
	12:00 - 13:00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	
SAT 7	10:30 - 12:00	Cycle Without Limits Open Session	



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MAY WEEK 2			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 11	10:00 - 11:30	Cycle Without Limits School Session	Cycle Without Limits Centre, Les Quennevais
THUR 12	10:30 - 11:30	Cycle Without Limits Open Session	
	12:00 - 13:00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	
SAT 14	10:30 - 12:00	Cycle Without Limits Open Session	

MAY WEEK 3			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 16	13:00 - 14:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	15:00 - 16:00	Cycle Without Limits Group Session	
	16:30 - 17:30	Cycle Without Limits Family Session	
WED 18	10:00 - 11:30	Cycle Without Limits School Session	
THUR 19	10:30 - 11:30	Cycle Without Limits Open Session	
	12:00 - 13:00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	
SAT 21	10:30 - 12:00	Cycle Without Limits Open Session	

MAY WEEK 4			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 23	13:00 - 14:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	15:00 - 16:00	Cycle Without Limits Group Session	
	16:30 - 17:30	Cycle Without Limits Family Session	
WED 25	10:00 - 11:30	Cycle Without Limits School Session	
THUR 26	10:30 - 11:30	Cycle Without Limits Open Session	
	12:00 - 13:00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	
SAT 28	10:30 - 12:00	Cycle Without Limits Open Session	

MAY WEEK 5			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 30	13:00 - 14:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	15:00 - 16:00	Cycle Without Limits Group Session	
	16:30 - 17:30	Cycle Without Limits Family Session	