



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

JUNE WEEK 1			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 6	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 8	10:00 - 11:30	Cycle Without Limits School Session	
THUR 9	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	

JUNE WEEK 2			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 13	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 15	10:00 - 11:30	Cycle Without Limits School Session	
THUR 16	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 18	10:30-12:00	Cycle Without Limits Open Session	

JUNE WEEK 3			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 20	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 22	10:00 - 11:30	Cycle Without Limits School Session	
THUR 23	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 25	10:00 - 12:00	Move More Cycling Pop Up – Cycle Without Limits ‘Have a go’ session for people who haven’t cycled with CWL before	

JUNE WEEK 4			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 27	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 29	10:00 - 11:30	Cycle Without Limits School Session	
THUR 30	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	