



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

AUGUST WEEK 1			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 1	15:00 - 16:00	Cycle Without Limits Group Session	Cycle Without Limits Centre, Les Quennevais
	16:30 - 17:30	Cycle Without Limits Family Session	
TUE 2	12:30 - 13:30	Cycle Without Limits Family Session	
THUR 4	10:30 - 11:30	Cycle Without Limits Open Session	
	12:00 - 13:00	Cycle Without Limits Open Session	
SAT 6	10:30 - 12:00	Cycle Without Limits Open Session	

AUGUST WEEK 2			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 8	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	
TUE 9	12:30 - 13:30	Cycle Without Limits Family Session	
THUR 11	10:30 - 11:30	Cycle Without Limits Open Session	
	12:00 - 13:00	Cycle Without Limits Open Session	
SAT 13	10:30 - 12:00	Cycle Without Limits Open Session	

AUGUST WEEK 3			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 15	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	
THUR 18	10:30 - 11:30	Cycle Without Limits Open Session	
	12:00 - 13:00	Cycle Without Limits Open Session	
SAT 20	10:30 - 12:00	Cycle Without Limits Open Session *Closing Event – At Home Superheroes *	

AUGUST WEEK 4			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 22	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	
TUE 23	10:00 - 11:30	Cycle Without Limits Open Session	
THUR 25	10:30 - 11:30	Cycle Without Limits Open Session	
	12:00 - 13:00	Cycle Without Limits Open Session	
SAT 27	10:30 - 12:00	Cycle Without Limits Open Session	