



2026 Cycling Timetable

**JERSEY
SPORT** 

This is our yearly timetable for the our Adult cycling programmes – Learn to Ride, Sofa 2 Saddle, Gaining Momentum, Cycling With Confidence.

Please note Commute with Confidence sessions are booked individually through cycleteam@jerseysport.je.

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

New participants must register via any of the 'REGISTER' buttons on our pages selecting the desired programmes they are interested in before joining their first session, all sessions must be booked ahead of attending.

To register for our sessions please complete the following form:

[Jersey Sport and Move More Adult Programmes Registration Form](#)

Locations are listed along with the what3words locations - <https://what3words.com> – insert the 3 words to get the exact meeting point.

For further information please telephone: **01534757704** or email: cycleteam@jerseysport.je

To find out about our inclusive cycle centre - **Cycle Without Limits Centre**, please visit [our website](#).

**JERSEY
SPORT** 

MARCH

DAY	TIME	SESSION	MEETING POINT
Monday 16	18:00 – 19:00	Adult Learn to Ride	Les Jardins de la Mer Grass Area - ///special.figure.invent
Monday 23	18:00 – 19:00	Adult Learn to Ride	
Monday 30	18:00 – 19:00	Adult Learn to Ride	

APRIL

DAY	TIME	SESSION	MEETING POINT
Monday 13	18:00 – 19:00	Adult Learn to Ride	Les Jardins de la Mer Grass Area - ///special.figure.invent
Monday 20	18:00 – 19:00	Adult Learn to Ride	
Monday 27	18:00 – 19:00	Adult Learn to Ride	

MAY

DAY	TIME	SESSION	MEETING POINT
Monday 11	18:00 – 19:00	Sofa 2 Saddle	Les Jardins de la Mer Grass Area - ///special.figure.invent
Monday 18	18:00 – 19:00	Sofa 2 Saddle	

JUNE

DAY	TIME	SESSION	MEETING POINT
Monday 1	18:00 – 19:00	Sofa 2 Saddle	Les Jardins de la Mer Grass Area - ///special.figure.invent
Monday 8	18:00 – 19:00	Sofa 2 Saddle	
Monday 15	18:00 – 19:00	Sofa 2 Saddle	
Monday 22	18:00 – 19:00	Sofa 2 Saddle	
Monday 29	18:00 – 19:00	Gaining Momentum	

JULY

DAY	TIME	SESSION	MEETING POINT
Monday 6	18:00 – 19:00	Gaining Momentum	Les Jardins de la Mer Grass Area - ///special.figure.invent
Monday 13	18:00 – 19:00	Gaining Momentum	
Monday 20	18:00 – 19:00	Gaining Momentum	
Monday 27	18:00 – 19:00	Gaining Momentum	

AUGUST

DAY	TIME	SESSION	MEETING POINT
Monday 3	18:00 – 19:00	Gaining Momentum	Les Jardins de la Mer Grass Area - ///special.figure.invent
Monday 10	18:00 – 19:00	Adult Learn to Ride	Les Quennevais Cycle Track – ///atoms.stoops.unison
Monday 17	18:00 – 19:00	Adult Learn to Ride	
Monday 24	18:00 – 19:00	Adult Learn to Ride	
Monday 31	18:00 – 19:00	Adult Learn to Ride	

SEPTEMBER

DAY	TIME	SESSION	MEETING POINT
Monday 7	18:00 – 19:00	Adult Learn to Ride	Les Quennevais Cycle Track – ///atoms.stoops.unison
Monday 14	18:00 – 19:00	Family Cycling with Confidence	FB Playing Fields – ///alright.chops.mess
Monday 21	18:00 – 19:00	Family Cycling with Confidence	
Monday 28	18:00 – 19:00	Family Cycling with Confidence	

OCTOBER

DAY	TIME	SESSION	MEETING POINT / WHAT 3 WORDS
Monday 5	18:00 – 19:00	Family Cycling with Confidence	FB Playing Fields – ///alright.chops.mess



