

JP FITNESS CORNWALL



MONDAY

*0930-1015 IntervalFIT - JANE
1300-1345 RIP - JANE
1800-1845 RIP - JANE
1800-1900 Running Club - JOSH
1900-2000 Progressing My Running - HANNAH
*1915-2000 StretchFIT - JANE
2000-2100 Wellbeing Hour

TUESDAY

0930-1030 Running Club (Buggy Friendly) - JANE
1800-1845 Bootcamp - JOSH
*1800-1845 KettleFIT - JANE
1900-1945 TRX - JANE

WEDNESDAY

*0930-1015 Strength & Conditioning - JANE
*1800-1845 Transform - JANE
1800-1845 CardioFIT - JOSH
1900-1945 FITStrength - JOSH
1900-2000 Beginners Running - HANNAH

THURSDAY

1300-1345 TRX - JANE
1800-1845 FITRehab - JOSH
1800-1845 Boxercise - JANE
1800-1900 Running Club - WENDY
1900-1945 RIP - JANE

FRIDAY

0930-1015 CardioFIT - JANE
*1300-1345 CoreFIT - JANE
1830-1930 Progressing My Running - HANNAH
1830 Running Club (Long Duration)
2015-2115 Wellbeing Hour

SUNDAY

0800 Running (Long Duration)

*Available as a virtual class

Personal Training available at variable times

Strive for Progress, Not Perfection...

@HELLYS WELLBEING HUB