JP FITNESS CORNWALL

#PROGRESS, not Perfection

#Beginner FOCUSED Fitness

MONDAY
1830-1930 Running (Development Group)

TUESDAY
1800-1845 KettleFIT

WEDNESDAY
1830-1930 Running (Development Group)

THURSDAY
0915-1000 CardioFIT -
1815-1915 RIP Choreographed barbell class

FRIDAY
1730 IntervalFIT
1830 INCLUSIVE walk/jog/run

SUNDAY 2nd/4th
0900 Running (Long Duration)

@HELLYS WELLBEING HUB 2024