

CLASS

TIMETABLE

How to book

Visit www.jjkfitnesswatford.co.uk and sign up with JJK Fitness for access to dozens of PAYG classes, monthly passes and more!

SMALL GROUP PT

GROUP TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Small Group PT CONDITIONING</p> <p>Times 6:45-7:30 AM</p>	<p>Group Training METCON</p> <p>Times 6:45-7:30 AM</p>	<p>Small Group PT STRENGTH</p> <p>Times 6:45-7:30 AM</p>	<p>Group Training W.O.D</p> <p>Times 6:45-7:30 AM</p>		<p>Group Training ENGINE</p> <p>Times 9:00-9:45 AM</p>	
<p>Small Group PT CONDITIONING</p> <p>Times 19:00-19:45 PM</p>	<p>Group Training METCON</p> <p>Times 19:00-19:45 PM</p>	<p>Small Group PT STRENGTH</p> <p>Times 19:00-19:45 PM</p>	<p>Group Training W.O.D</p> <p>Times 19:00-19:45 PM</p>	<p>Small Group PT FUNCTIONAL</p> <p>Times 19:00-19:45 PM</p>	<p>Gym OPEN GYM COMING SOON</p>	<p>Gym OPEN GYM COMING SOON</p>