

SMALL GROUP TRAINING SCHEDULE *Subject to Change

Whatever your fitness goals may be, the J can help you get there! Our small group training programs will help you address weight loss, muscle strength, flexibility, and post-rehabilitation. With some of the best fitness classes, fitness facilities, and personal trainers in Cincinnati, we will keep you moving towards your fitness goals.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7am					
8:30am						
10:30am FULL						
12pm FULL						
4pm						
		5:30pm		5:30pm		
			7pm			

Don't see a time that fits your schedule?
Put together your own group and we'll add a time that works for you!

