

ISG | STRENGTH & FITNESS

VETERAN OWNED • EST 2019

Dupont Group Fitness Schedule

Morning/Evening Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:30am(60 min) Barbell Joy	5:30am Cycle Tracie	7:45am Cycle Tammy
						9:30am Barbell (60 min) Joy
	5:30pm Barbell (60 min) Kristi	5:30pm Barbell (60 min) Joy				
					6:15pm (60) KickBoxing Kami	