

ISG | STRENGTH & FITNESS

VETERAN OWNED • EST 2019

Maplecrest Group Fitness Schedule

Morning/Evening Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:30am Cycle Mary	5:30-6:30am Cycle Kristy	5:15-6:30am Burn Mary	5:30-6:30am Cycle Kristy	5:15-6:30am HIIT Mary	8:15-9:15am Pilates Mary
	9:15-10:15am Burn Stac	9:15-10:15am Burn Stac	8:45-9:45am Cycle Gina			9:15-10:15am Burn Mary
	6:00-7:00pm Cycle Traci	6:00-7:00pm Cycle Traci		6:00-7:00pm Cycle Traci		
	6:00-7:00pm Burn Stac	6:00-7:00pm Burn Lauren		6:00-7:00pm Burn Lauren		