

ISG | STRENGTH & FITNESS

VETERAN OWNED • EST 2019

Dupont Group Fitness Schedule

Morning/Evening Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am (60) Cycle Kacie	7:30am (60) Yoga Jackie	5:30am (60) Cycle Tammy	5:30am(60 min) Barbell Joy	5:30am Cycle Traci	8:00am Cycle Tammy
				7:30am Yoga Jackie		9:00am Barbell (60 min) Joy
	5:30pm Barbell (60 min) Kristi	5:30pm Barbell (60 min) Joy	6:00pm Bootcamp (60 min) Ian	6:00pm Bootcamp (60 min) Ian		
	6:00pm Bootcamp (60 min) Ian	6:30pm (60 min) Cycle Jen		6:15pm (60) KickBoxing Kami		