



ITC DOWNTOWN CLASS TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 PM TEAM SHERRY	6:00, 6:45, 11:00, 11:30 AM 12:15, 1:00, 4:30, 5:15 PM TEAM TERRI	5:15 PM TEAM SHERRY	6:00, 6:45, 11:00, 11:30 AM 12:15, 1:00, 4:30, 5:15 PM TEAM TERRI	Noon Drop-in MEGAN	

ITC JOHNSTON CLASS TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15, 7:05 AM TEAM TERRI 5:15, 6:00 PM TEAM KELLY 6:15 PM 4 the Health of it BRENDA	5:15 AM TEAM AARON 11:30 AM TEAM KELLY	5:15 AM Cardio KB MEGAN 5:15, 6:00 AM 5:15, 6:00 PM TEAM TERRI	5:15 AM TEAM AARON 11:30 AM TEAM KELLY	5:15 AM Cardio KB MEGAN	6:00 AM Drop-in AARON 7:15 AM Drop-in RESET with TERRI

KEY: Team • Cardio • Drop-in • 4 the Health of it

*Class times subject to change