



## Dan Abraham Healthy Living Center

### Training Zone: Fitness Floor

#### July 2018

| Monday                                                                                                                                                       | Tuesday                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>4:45-7:30am</b><br/>Revive &amp; Thrive and Group Training</p> <p><b>10-2:30pm</b><br/>Group Training</p> <p><b>4:45-8:30pm</b><br/>Group Training</p> | <p><b>4:45-7:15am</b><br/>Group Training &amp; Powerful Women</p> <p><b>9:15-11:15am</b><br/>AOA program</p> <p><b>11-8:30pm</b><br/>Group Training &amp; Boot Camp</p> | <p><b>4:45-7:15am</b><br/>Group Training and Revive &amp; Thrive</p> <p><b>10:45-2:30pm</b><br/>Group Training &amp; Powerful Men</p> <p><b>4:45-6:15pm</b><br/>Group Training</p> <p><b>7:15-8:45pm</b><br/>Group Training</p> |
| Thursday                                                                                                                                                     | Friday                                                                                                                                                                  | Saturday                                                                                                                                                                                                                        |
| <p><b>5:45-7:30am</b><br/>Powerful Women</p> <p><b>9:15-12:15pm</b><br/>AOA program &amp; Group Training</p> <p><b>4:45-6:15pm</b><br/>Boot Camp</p>         | <p><b>4:45-7:30am</b><br/>Group Training</p> <p><b>8:45-10:15am</b><br/>Group Training</p> <p><b>10:45-2:30pm</b><br/>Group Training &amp; Powerful Men</p>             | <p><b>9:45-11:15am</b><br/>Group Training</p>                                                                                                                                                                                   |

Feel free to use this training zone except during times listed.  
Training sessions require registration; inquire at the front desk.

Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: B

| July 2018                                                                                                                                                                                                                       |                                                                                                                             |                                                                                                                                           |                                                                                                                                                                                 |                                                                                              |          |        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------|--------|
| Monday                                                                                                                                                                                                                          | Tuesday                                                                                                                     | Wednesday                                                                                                                                 | Thursday                                                                                                                                                                        | Friday                                                                                       | Saturday | Sunday |
| <b>4:45-7:30am</b><br>Group Training<br><br><b>10-12:30pm</b><br>Group Training<br><br><b>12:45-2:15pm</b><br>Group Training<br><br><b>4:15-6:45pm</b><br>Prenatal &<br>Group Training<br><br><b>7-8:30pm</b><br>Group Training | <b>6-7:30am</b><br>Group Training<br><br><b>8:45-10:15am</b><br>Group Training<br><br><b>10:45-2:30pm</b><br>Group Training | <b>4:45-8:30am</b><br>Group Training<br><br><b>9-10:30am</b><br>Group Training<br><br><b>10:45-2:30pm</b><br>Group Training &<br>Prenatal | <b>6-7:30am</b><br>Group Training<br><br><b>10-11:30am</b><br>Group Training<br><br><b>2-3:30pm</b><br>Group Training<br><br><b>3:45-7:30pm</b><br>Group Training<br>& Prenatal | <b>4:45-7:30am</b><br>Group Training<br><br><b>11-1:30pm</b><br>Prenatal &<br>Group Training |          |        |

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Schedule subject to change



## Dan Abraham Healthy Living Center

### Training Zone: Track C

| July 2018 |         |                                      |          |        |          |        |
|-----------|---------|--------------------------------------|----------|--------|----------|--------|
| Monday    | Tuesday | Wednesday                            | Thursday | Friday | Saturday | Sunday |
| 2         | 3       | 4                                    | 5        | 6      | 7        | 8      |
| 9         | 10      | 11<br>12:45-2:15pm<br>Group Training | 12       | 13     | 14       | 15     |
| 16        | 17      | 18<br>12:45-2:15pm<br>Group Training | 19       | 20     | 21       | 22     |
| 23        | 24      | 25<br>12:45-2:15pm<br>Group Training | 26       | 27     | 28       | 29     |
| 30        | 31      |                                      |          |        |          |        |

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Schedule subject to change