



Dan Abraham Healthy Living Center

Training Zone: Track C

September 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 12:45-2:15pm Group Training	19	20	21	22	23
24	25 12:45-2:15pm Group Training	26	27	28	29	30

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

Schedule subject to change



Training Zone: Fitness Floor

September 2018		
Monday	Tuesday	Wednesday
	<p>6-7:30am Group Training</p> <p>10:45-3:45pm Group Training</p> <p>4:30-6pm Group Training</p>	<p>6-7:30am Group Training</p> <p>1-2:30pm Group Training</p>
Thursday	Friday	Saturday
<p>4:45-6:15am Group Training</p> <p>4:45-6:15pm Group Training</p>	<p>6-7:30am 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

September 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>8:45-10:15am Group Training</p> <p>1-2:30pm Group Training</p>	<p>5:45-7:15am Group Training</p> <p>9-10:30am Group Training</p> <p>10:45-12:15pm Group Training</p>	<p>4:45-6:15am Group Training</p> <p>7-8:30pm Group Training</p>	<p>4:45-6:15am Group Training</p>		
<p>Feel free to use this training zone <u>except during times listed</u>. Training sessions require registration; inquire at the front desk.</p>						

Schedule subject to change