



Training Zone: Fitness Floor

November 2018		
Monday	Tuesday	Wednesday
<p>5-6am Group Training</p> <p>6:15-7:15am Group Training</p> <p>10:15-11:15am Group Training</p> <p>12-1pm Powerful Women</p> <p>1:15-2:15pm Group Training</p> <p>5-6pm Revive & Thrive</p> <p>6-7pm Powerful Men</p> <p>7:15-8:15pm Group Training</p>	<p>5-6am Group Training</p> <p>6:15-7:15am Group Training</p> <p>9:30-11am AOA</p> <p>11-12pm Group Training</p> <p>12-1pm Group Training</p> <p>1:15-2:15pm Group Training</p> <p>2:30-3:30pm Group Training</p> <p>4:45-5:45pm Group Training</p> <p>6-7pm Group Training</p> <p>7:15-8:15pm Group Training</p>	<p>5-6am Group Training</p> <p>6:15-7:15am Group Training</p> <p>12-1pm Powerful Women</p> <p>1:15-2:15pm Group Training</p> <p>5-6pm Revive & Thrive</p> <p>6-7pm Powerful Men</p> <p>7:15-8:15pm Group Training</p>
Thursday	Friday	Saturday
<p>5-6am Group Training</p> <p>11-12pm Group Training</p> <p>1:15-2:15pm Group Training</p> <p>5-6pm Group Training</p> <p>6:30-7:30pm Group Training</p>	<p>5-6am Boot Camp</p> <p>6:15-7:15am Group Training</p> <p>9-10am Group Training</p> <p>11-12pm Group Training</p> <p>12:15-1:15pm Group Training</p> <p>1:15-2:15pm 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

November 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-6am Group Training 6:15-7:15am Group Training 10:15-11:15am Group Training 11:15-12:15pm Group Training 1-2pm Group Training 4:30-5:15pm Prenatal 5:30-6:30pm Group Training 6:30-7:30pm Group Training 7:30-8:30pm Group Training	5-6am Group Training 6:15-7:15am Group Training 9-10am Group Training 11-12pm Group Training 1:15-2:15pm Group Training 4:30-5:15pm Prenatal 7:30-8:30pm Group Training	5-6am Group Training 6-7am Group Training 7:15-8:15am Group Training 9:15-10:15am Group Training 11-12pm Group Training 12:15-1pm Prenatal 1:15-2:15pm Group Training 5-6pm Group Training 6:30-7:30pm Group Training	5-6am Group Training 10:15-11:15am Group Training 2:15-3:15pm Group Training 4-5pm Group Training 6:30-7:15pm Prenatal 7:15-8:15pm Group Training	5-6am Group Training 6:15-7:15am Group Training 11:15-12pm Prenatal 12:15-1:15pm Group Training		

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Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: Track C

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

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Schedule subject to change