



Training Zone: A

January 2019		
Monday	Tuesday	Wednesday
<p>4:45-7:30am Group Training</p> <p>8:45-11:30am Group Training</p> <p>1-2:30pm Group Training</p> <p>3:15-8:45pm Group Training & Revive & Thrive</p>	<p>4:45-7:30am Group Training</p> <p>9:15-12:30pm AOA Program & Group Training</p> <p>1-3:45pm Group Training</p> <p>7:15-8:45pm Group Training</p>	<p>4:45-7:30am Boot Camp & Group Training</p> <p>10:45-12:15pm Group Training</p> <p>1-2:30pm Group Training</p> <p>5-6:30pm Group Training</p> <p>7:15-8:45pm Group Training</p>
Thursday	Friday	Saturday
<p>6-7:30am Group Training</p> <p>9:15-11:15am AOA Program</p> <p>7-8:30pm Group Training</p>	<p>4:45-6am Boot Camp</p> <p>6-7:30am Group Training</p> <p>8:45-10:15am 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

January 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-7:30am Group Training 8-9:30am Group Training 10-2:15pm Group Training	4:45-8:30am Group Training 8:45-10:15am Group Training 10:45-1:15pm Group Training	4:45-7:30am Group Training 10:45-12:15pm Group Training 1-2:30pm Group Training 3:15-6:30pm Group Training & Prenatal	8:45-10:15am Group Training 2-3:30pm Group Training 3:45-5:15pm Group Training 6:15-7:45pm Group Training	8-9:30am Group Training 11-1:15pm Prenatal & Group Training 3:15-4:45pm Group Training		

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Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: C

January 2019						
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	19	20
21	22 12:45-2:15pm Group Training	23	24	25	26	27
28	29 12:45-2:15pm Group Training	30	31			

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Schedule subject to change