



## Dan Abraham Healthy Living Center

### Training Zone: A

#### January 2019

January 2019		
Monday	Tuesday	Wednesday
<p><b>4:45-6:15am</b> Group Training</p> <p><b>10-11:30am</b> Group Training</p> <p><b>1-2:30pm</b> Group Training</p> <p><b>3:15-4:45pm</b> Group Training</p> <p><b>7:15-8:45pm</b> Group Training</p>	<p><b>11-12:30pm</b> Group Training</p> <p><b>7:15-8:45pm</b> Group Training</p>	<p><b>6-7:30am</b> Group Training</p>
Thursday	Friday	Saturday
<p><b>7-8:30pm</b> Group Training</p>	<p><b>8:45-10:15am</b> 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
<b>4:45-7:30am</b> Group Training	<b>6-8:30am</b> Group Training	<b>4:45-7:30am</b> Group Training	<b>8:45-10:15am</b> Group Training			
<b>10-12:45pm</b> Group Training	<b>11:45-1:15pm</b> Group Training	<b>1-2:30pm</b> Group Training	<b>3:45-5:15pm</b> Group Training	<b>11:45-1:15pm</b> Group Training/Prenatal		
		<b>3:15-6:30pm</b> Group Training/Prenatal	<b>6:15-7:45pm</b> Group Training			

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Schedule subject to change