



Dan Abraham Healthy Living Center

Training Zone: A

February 2019		
Monday	Tuesday	Wednesday
<p>4:45-7:30am Group Training</p> <p>8:45-11:30am Group Training</p> <p>11:45-2:30pm Powerful Women & 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 & 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>10:45-1:15pm Powerful Women & Group Training</p> <p>1-2:30pm Group Training</p> <p>3:45-8:30pm Group Training</p>
Thursday	Friday	Saturday
<p>4:45-7:30am Group Training</p> <p>9:15-12:15pm AOA & Group Training</p> <p>7-8:30pm Group Training</p>	<p>4:45-7:30am Boot Camp & Group Training</p> <p>8:45-10:15am Group Training</p> <p>10:45-1:30pm 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



Dan Abraham Healthy Living Center

Training Zone: B

February 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-7:30am Group Training 8-9:30am Group Training 10-3:30pm Group Training 4:15-5:15pm Prenatal 6:30-7:30pm Prenatal	4:45-8:30am Group Training 8:45-10:15am Group Training 10:45-1:15pm Group Training 5:15-6:30pm Prenatal	4:45-7:30am Group Training 9:-10:30am Group Training 10:45-12:15pm Group Training 1-2:30pm Group Training 3:15-4:45pm Group Training 5:15-7:30pm Prenatal & Group Training	8:45-11:30am Group Training 1-3:30pm Group Training 3:45-5:15pm Group Training 6:15-7:45pm Group Training	4:45-7:30am Group Training 8-9:30am Group Training 11:00-1:15pm 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

February 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5 12:45-2:15pm Group Training	6	7	8	9	10
11	12 12:45-2:15pm Group Training	13	14	15	16	17
18	19 12:45-2:15pm Group Training	20	21	22	23	24
25	26 12:45-2:15pm Group Training	27	28			

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Schedule subject to change