



Dan Abraham Healthy Living Center

Training Zone: A

March 2019

| March 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>3:15-8:45 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>10:45-2:30pm Group Training & Powerful Women</p> <p>3:45-8:45pm 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> | |

**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

| March 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 10:45-12:15pm Group Training 12:45-1:15pm Group Training 5:15-6:15pm 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 5:15-6:15pm Prenatal | 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 11-1:15pm 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

| March 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 | 29 | 30 | 31 |

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Schedule subject to change