



Dan Abraham Healthy Living Center

Training Zone: A

April 2019		
Monday	Tuesday	Wednesday
<p>4:45-7:30am Group Training</p> <p>8:45-11:30am Group Training</p> <p>11:45-2:3pm Powerful Women & Group Training</p> <p>3:15-6pm Group Training</p> <p>7:15-8:45pm Group Training</p>	<p>4:45-7:30am Group Training</p> <p>9:15-1:15pm AOA, Strength Training for Runners & Group Training</p> <p>1-3:45pm Group Training</p> <p>7:15-8:45pm Group Training</p>	<p>6-7:30am 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>6-7:30am 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

April 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-7:30am Group Training 8-9:30am Group Training 10-3:45pm 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 10:45-12:15m 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 11:00-1:15pm 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

April 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9 12:45-2:15pm Group Training	10	11	12	13	14
15	16 12:45-2:15pm Group Training	17	18	19	20	21
22	23	24	25	26	27	28
29	30	27	28	29	30	31

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Schedule subject to change