



Dan Abraham Healthy Living Center

Training Zone: A

May 2019		
Monday	Tuesday	Wednesday
	<p>5-6am Group Training</p> <p>2:15-3:15pm Group Training</p>	<p>5-6am Group Training</p> <p>11-12pm Group Training</p> <p>5-6pm Group Training</p>
Thursday	Friday	Saturday
	<p>9-10am 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

May 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9-10am Group Training	6:15-7:15am Group Training		5-6am Group Training		
	1:15-2:15pm Group Training	11-12pm Group Training		12-1pm Group Training		
	7:30-8:30pm Group Training					

Feel free to use this training zone except during times listed.
Training sessions require registration; inquire at the front desk.

Schedule subject to change