



Training Zone: A

June 2019		
Monday	Tuesday	Wednesday
<p>4:45-7:30am Revive & Thrive & Group Training</p> <p>10:00-11:30am Group Training</p> <p>1:00-2:30pm Group Training</p> <p>4:45-8:30pm Group Training</p>	<p>4:45-7:15am Group Training & Powerful Women</p> <p>9:15-11:15am AOA</p> <p>1:00-5:00pm Group Training</p> <p>6:00-8:30pm Group Training</p>	<p>4:45-7:15am Revive & Thrive & Group Training</p> <p>10:45-12:15pm Group Training</p> <p>1:00-2:30pm Group Training</p> <p>4:45-8:30pm Group Training</p>
Thursday	Friday	Saturday
<p>5:45-7:15am Powerful Women</p> <p>9:15-11:15am AOA</p> <p>6:15-7:45pm Group Training</p>	<p>4:45-6:15am Group Training</p> <p>8:45-10:15am Group Training</p> <p>1:00-2:30pm 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

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

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 Training sessions require registration; inquire at the front desk.

Schedule subject to change