



Dan Abraham Healthy Living Center

Training Zone: A

July 2019

Monday	Tuesday	Wednesday
<p><b>5-6am</b> Revive &amp; Thrive</p> <p><b>6:15-7:15am</b> Group Training</p> <p><b>10:15-11:15am</b> Group Training</p> <p><b>12-1pm</b> Powerful Men</p> <p><b>1:15-2:15pm</b> Group Training</p> <p><b>5-6pm</b> Group Training</p> <p><b>6:15-7:15pm</b> Group Training</p> <p><b>7:30-8:30pm</b> Group Training</p>	<p><b>5-6am</b> Group Training</p> <p><b>6-7am</b> Powerful Women</p> <p><b>9:30-11am</b> AOA</p> <p><b>1:15-2:15pm</b> Group Training</p> <p><b>2:15-3:15pm</b> Group Training</p> <p><b>3:45-4:45pm</b> Group Training</p> <p><b>6:15-7:15pm</b> Group Training</p> <p><b>7:30-8:30pm</b> Group Training</p>	<p><b>5-6am</b> Group Training</p> <p><b>6-7am</b> Revive &amp; Thrive</p> <p><b>11-12pm</b> Group Training</p> <p><b>12-1pm</b> Powerful Men</p> <p><b>1:15-2:15pm</b> Group Training</p> <p><b>5-6pm</b> Group Training</p> <p><b>6:30-7:30pm</b> Group Training</p> <p><b>7:30-8:30pm</b> Group Training</p>
Thursday	Friday	Saturday
<p><b>6-7am</b> Powerful Women</p> <p><b>9:30-11am</b> AOA</p> <p><b>6:30-7:30pm</b> Group Training</p>	<p><b>5-6am</b> Group Training</p> <p><b>9-10am</b> Group Training</p> <p><b>1:15-2:15pm</b> 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

July 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4:45-7:30am</b> Group Training  <b>10-12:30pm</b> Group Training  <b>1-2:30pm</b> Group Training  <b>4:15-5:30pm</b> Prenatal Training  <b>6:30-7:30pm</b> Prenatal Training	<b>6-7:30am</b> Group Training  <b>8:45-10:15am</b> Group Training  <b>10:45-2:30pm</b> Group Training  <b>7:15-8:45pm</b> Group Training	<b>6-8:30am</b> Group Training  <b>9-10:30am</b> Group Training  <b>10:45-12:15pm</b> Group Training  <b>4:15-5:45pm</b> Prenatal	<b>10-11:30am</b> Group Training  <b>3:45-6:30pm</b> Group Training	<b>4:45-7:30pm</b> Group Training  <b>10-1:15pm</b> Group and Prenatal Training		

Feel free to use this training zone except during times listed.  
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Schedule subject to change