



Dan Abraham Healthy Living Center

Training Zone: A

August 2019

Monday	Tuesday	Wednesday
<p>6:15-7:15am Group Training</p> <p>10:15-11:15am Group Training</p> <p>1:15-2:15pm Group Training</p> <p>5-6pm Group Training</p> <p>6:15-7:15pm Group Training</p> <p>7:30-8:30pm Group Training</p>	<p>6-7am Powerful Women</p> <p>6:15-7:15pm Group Training</p> <p>7:30-8:30pm Group Training</p>	
Thursday	Friday	Saturday
<p>6-7am Powerful Women</p>	<p>5-6am 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

August 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-6am Group Training 6:15-7:15am Group Training 10:15-11:15am Group Training 11:15-12:15pm Group Training	 11-12pm Group Training 12-1pm Group Training			 10:15-11:15am Group Training 12-1pm 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