



Dan Abraham Healthy Living Center

Training Zone: A

September 2019		
Monday	Tuesday	Wednesday
	9:15-11:15am AOA Program	
Thursday	Friday	Saturday
6-7:30am Group Training  9:15-11:15am AOA Program  1-2:30pm Group Training  4:45-6:15pm Group Training  6-7:30pm Group Training	1-2:30pm 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



Dan Abraham Healthy Living Center

Training Zone: B

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

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Schedule subject to change



## Dan Abraham Healthy Living Center

### Training Zone: C

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

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Schedule subject to change