



Dan Abraham Healthy Living Center

Training Zone: A

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

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

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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