



Dan Abraham Healthy Living Center

Training Zone: A

Schedule subject to change

October 2019

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



Dan Abraham Healthy Living Center

Training Zone: B

Schedule subject to change

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

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Dan Abraham Healthy Living Center

Training Zone: C

October 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 1-2pm Group Training	2	3	4	5	6
7	8 1-2pm Group Training	9	10	11	12	13
14	15	16	17	18	19	20
21	22 1-2pm Group Training	23	24	25	26	27
28	29 1-2pm Group Training	31	31			

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