



Dan Abraham Healthy Living Center

Training Zone: Fitness Floor

May 2017

Monday	Tuesday	Wednesday
<p>4:45-7:30am Group Training</p> <p>9:00-1:15pm Group Training</p> <p>4:45-6:15pm Group Training</p> <p>6:45-8:15pm Group Training</p>	<p>4:45-7:30am Revive & Thrive & Group Training</p> <p>10:45-1:15pm Group Training</p> <p>3:30-5:00pm Group Training</p> <p>5:45--8:30pm Group Training</p>	<p>4:45-8:45am Group Training</p> <p>10:45-12:15pm Group Training</p> <p>3:45-5:15pm Group Training</p> <p>7:00-8:30pm Group Training</p>
Thursday	Friday	Saturday
<p>4:45-6:15am Revive & Thrive</p> <p>7:00-8:30am Group Training</p> <p>1:00-2:30pm Group Training</p> <p>3:45-5:15pm Group Training</p> <p>5:45-7:15pm Group Training</p>	<p>7:00-8:30am Group Training</p> <p>8:45-10:15am Group Training</p> <p>11:30-2:30pm Group Training</p>	<p>10:00-12:45am 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: Track B

May 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-8:30am Group Training 9:00-11:30am 12:45-2:15pm Group Training 7:00-8:30pm Group Training	 8:45-10:15am Group Training 11:45-3:45pm Group Training 4:00-5:30pm Prenatal 6:15-7:45pm Group Training	 7:00-8:30am Group Training 9:30-11:00am Group Training 11:45-2:30pm Prenatal & Group Training	 8:15-9:45am Group Training 10:00-11:30am Group Training 1:30-3:30pm Group Training 3:45-5:15pm Group Training 6:15-7:30pm Prenatal	 8:45-10:15am Group Training 11-1:30pm Prenatal & Group Training	 9:45-11:15am Group Training	
<p>Feel free to use this training zone <u>except during times listed</u>. Training sessions require registration; inquire at the front desk.</p>						

Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: Track C

May 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 12:45-2:15pm Group Training	3	4	5	6	7
8	9 12:45-2:15pm Group Training	10	11	12	13	14
15	16 12:45-2:15pm Group Training	17	18	19	20	21
22	23 12:45-2:15pm Group Training	24	25	26	27	28
29	30 12:45-2:15pm Group Training	31				

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Schedule subject to change