



Dan Abraham Healthy Living Center

Training Zone: Fitness Floor

September 2017		
Monday	Tuesday	Wednesday
<p><b>4:45-6:15am</b> Group Training</p> <p><b>9-11:30am</b> Group Training</p> <p><b>1:00-2:30pm</b> Group Training</p> <p><b>4:45-6:15pm</b> Group Training</p> <p><b>6:45-8:15pm</b> Group Training</p>	<p><b>5:45-7:15am</b> Powerful Women</p> <p><b>9:15-11:15am</b> AOA Program</p> <p><b>1-3:30pm</b> Group Training</p> <p><b>7-8:30pm</b> Group Training</p>	<p><b>4:45-7:30am</b> Group Training</p> <p><b>10:45-12:15pm</b> Group Training</p> <p><b>1-2:30pm</b> Group Training</p> <p><b>3:30-5pm</b> Group Training</p> <p><b>5-6pm</b> Runner's Workshop (9/13)</p> <p><b>7-8:30pm</b> Group Training</p>
Thursday	Friday	Saturday
<p><b>4:45-8:45am</b> Group Training &amp; Powerful Women</p> <p><b>9:15-11:15am</b> AOA Program</p> <p><b>3:30-5pm</b> Group Training</p>	<p><b>6-8:45am</b> Group Training</p> <p><b>11:30-1pm</b> Group Training</p>	<p><b>10-11:30am</b> Group Training</p> <p><b>11:45-1:15pm</b> 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 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00-7:30am</b> Group Training  <b>10:00-12:30pm</b> Group Training	<b>4:45-6:15am</b> Group Training  <b>8:45-10:15am</b> Group Training  <b>2:45-5:30pm</b> Group & Prenatal Training	<b>4:45-7:15am</b> Group Training  <b>10:45-1:15pm</b> Group & Prenatal Training  <b>3:45-7:45pm</b> Group Training	       <b>3:45-6:15pm</b> Group Training  <b>7:00-8:30pm</b> Group Training	    <b>7:45-10:15am</b> Group Training  <b>11-1:30pm</b> Prenatal & Group Training	       <b>10-11am</b> 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

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

Schedule subject to change