



Training Zone: Fitness Floor

June 2017		
Monday	Tuesday	Wednesday
<p>4:45-8:45am Group Training</p> <p>9-2:30pm Group Training</p> <p>2:45-4:15pm Group Training</p> <p>4:45-8:15pm Group Training/ Powerful Men</p>	<p>4:45-7:30am Revive & Thrive / Group Training</p> <p>9:15-3:45pm AOA / Group Training</p> <p>3:45-8:30pm Bootcamp / Group Training</p>	<p>4:45-8:45am Group Training / Powerful Women</p> <p>9:00-10:30am Group Training</p> <p>10:45-12:15pm Group Training</p> <p>1:00-2:30pm Group Training</p> <p>3:45-5:15pm Group Training</p> <p>5:45-8:30pm Powerful Men / Group Training</p>
Thursday	Friday	Saturday
<p>4:45-6:15am Revive & Thrive</p> <p>7:00-8:30am Group Training</p> <p>9:15-11:15am AOA</p> <p>1:00-2:30pm Group Training</p> <p>3:45-8:30pm Group Training / Bootcamp</p>	<p>4:45-8:30am Group Training / Powerful Women</p> <p>8:45-10:15am Group Training</p> <p>11:30-2:30pm Group Training</p>	<p>10:00-12:45pm Group Training</p>
<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 B

June 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-8:30am Group Training 9:00-11:30am Group Training 12:45-3:30pm Group Training 4:15-8:30pm Group /Prenatal Training	4:45-7:30am Group Training 8:45-11:30am Group Training 11:45-3:45pm Group Training 4:15-5:30pm Prenatal Training 6:15-7:45pm Group Training	 7:00-8:30am Group Training 9:30-2:30pm Group/Prenatal Training	 8:15-9:45am Group Training 10:00-11:30am Group Training 1:00-5:15pm Group Training 6:15-7:30pm Prenatal Training	6:00-7:30am Group Training 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

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

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Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: Women's Studio

June 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7 11:00-12:30pm Group Training	8	9	10	11
12	13	14 11:00-12:30pm Group Training	15	16	17	18
19	20	21 11:00-12:30pm Group Training	22	23	24	25
26	27	28 11:00-12:30pm Group Training	29	30		

Feel free to use this training zone except during times listed.
Training sessions require registration; inquire at the front desk.

Schedule subject to change