



Training Zone: Track B

August 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7-8:30am Group Training</p> <p>9:00-10:30am Group Training</p> <p>2-3:30pm Group Training</p> <p>4:15-7:30pm Prenatal / Group Training</p>	<p>4:45-7:30am Group Training</p> <p>10:00-11:30am Group Training</p> <p>2:15-3:45pm Group Training</p> <p>4-6:30pm Prenatal</p>	<p>10:45-1:30pm Group / Prenatal Training</p>	<p>1-3:30pm Group Training</p> <p>6:15-7:30pm Prenatal</p>	<p>6-7:30am Group Training</p> <p>8:45-10:15am Group Training</p> <p>10:45-1:30pm Prenatal & 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: Women's Studio

August 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 11:00-12:30pm Group Training	3	4	5	6
7	8	9 11:00-12:30pm Group Training	10	11	12	13
14	15	16 11:00-12:30pm Group Training	17	18	19	20
21	22	23 11:00-12:30pm Group Training	24	25	26	27
28	29	30 11:00-12:30pm Group Training	31			

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Training sessions require registration; inquire at the front desk.

Schedule subject to change