



**Training Zone: Fitness Floor**

<b>November 2017</b>		
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<p><b>4:45-6:15am</b> Group Training</p> <p><b>7-8:30am</b> Group Training</p> <p><b>9-8:15pm</b> Group Training Powerful Men Revive and Thrive</p>	<p><b>5-6am</b> Group Training</p> <p><b>5:45-7:15am</b> Powerful Women</p> <p><b>8-11:15am</b> Group Training &amp; AOA Program</p> <p><b>11-12pm</b> Group Training</p> <p><b>1-3:30pm</b> Group Training</p> <p><b>4-5:30pm</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>8-10:30am</b> Group Training</p> <p><b>10:45-2:30pm</b> Group Training Powerful Men</p> <p><b>3:30-8:30pm</b> Group Training Revive and Thrive</p>
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>4:45-8:45am</b> Group Training Powerful Women</p> <p><b>9:15-11:15am</b> AOA Program</p> <p><b>1-8:15pm</b> Group Training</p>	<p><b>6-10:15am</b> Group Training</p> <p><b>11:30-2:30pm</b> Group Training</p>	<p><b>10-1:15pm</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**

November 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4:45-7:30am</b> Group Training  <b>10-12:30am</b> Group Training  <b>2:45-5:30pm</b> Group & Prenatal Training  <b>7-8:30pm</b> Group Training	<b>4:45-7:30am</b> Group Training  <b>8:45-11:30am</b> Group Training  <b>12-1:30pm</b> Group Training  <b>2:45-6:30pm</b> Group & Prenatal Training  <b>6:15-7:45pm</b> Group Training	<b>4:45-7:15am</b> Group Training  <b>9:30-11am</b> Group Training  <b>10:45-2:30pm</b> Group & Prenatal Training  <b>3:45-7:45pm</b> Group Training	<b>4:45-6:15am</b> Group Training <b>6:15-7:15am</b> Group Training <b>7:15-8:45am</b> Group Training  <b>2:15-3:15pm</b> Group Training  <b>3:45-6:15pm</b> Group Training  <b>7-8:30pm</b> Group Training	<b>4:45-7:30am</b> Group Training  <b>7:45-1:30pm</b> Group & Prenatal Training	<b>9:45-11:15am</b> Group Training	
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Schedule subject to change



## Dan Abraham Healthy Living Center

### Training Zone: Women's Studio

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

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Schedule subject to change