



Training Zone: Fitness Floor

December 2017		
Monday	Tuesday	Wednesday
<p>7:15-8:15am Group Training</p> <p>3-4pm Group Training</p>	<p>8:15-9:15am Group Training</p> <p>4:15-5:15pm Group Training</p>	<p>8:15-9:15am Group Training 9:15-10:15am Group Training</p> <p>5-6pm Group Training</p>
Thursday	Friday	Saturday
<p>1:15-2:15pm Group Training 2:15-3:15pm Group Training</p> <p>5-6pm Group Training 6-7pm Group Training 7-8pm Group Training</p>	<p>9-10am Group Training</p> <p>1:15-2:15pm Group Training</p>	<p>10-1:15pm 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

December 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-6:15am Group Training	6:15-7:15am Group Training		4:45-6:15am Group Training	4:45-7:30am Group Training		
			7:15-8:45am Group Training			
	10-11:30am Group Training	9:30-11am Group Training	10-11:30am Group Training		9:45-11:15am Group Training	
	12-1:30pm Group Training					
2:45-4:15pm Group Training		1-2:30pm Group Training				
7-8:30pm Group Training	6:15-7:45pm Group Training					

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Training sessions require registration; inquire at the front desk.**

Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: Women's Studio

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

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Schedule subject to change