



Dan Abraham Healthy Living Center

Training Zone: Fitness Floor

January 2018		
Monday	Tuesday	Wednesday
	<p>1:15-2:15pm Group Training</p> <p>2:30-3:30pm Group Training</p> <p>3:45-4:45pm Group Training</p>	<p>5-6am Boot Camp</p> <p>1:15-2:15pm Group Training</p> <p>4:45-5:45pm Group Training</p> <p>7:30-8:30pm Group Training</p>
Thursday	Friday	Saturday
<p>4:45-5:45pm Group Training</p>	<p>5-6am Boot Camp</p> <p>6:15-7:15am Group Training</p> <p>9-10am Group Training</p> <p>12:15-1:15pm Group Training</p>	<p>10:15-11:15am Group Training</p> <p>11:30-12:30pm Group Training</p>

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



Dan Abraham Healthy Living Center

Training Zone: Track C

January 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 1-2pm Group Training	3	4	5	6	7
8	9 1-2pm Group Training	10	11	12	13	14
15	16 1-2pm Group Training 2-3pm Group Training	17	18	19	20	21
22	23 1-2pm Group Training 2-3pm Group Training	24	25	26	27	28
29	30 1-2pm Group Training 2-3pm Group Training	31				

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: Women's Studio

January 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 11:15-12:15pm Group Training	4	5	6	7
8	9	10 11:15-12:15pm Group Training	11	12	13	14
15	16	17 11:15-12:15pm Group Training	18	19	20	21
22	23	24 11:15-12:15pm Group Training	25	26	27	28
29	30	31 11:15-12:15pm Group Training				

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Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: B

January 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5-6am Group Training 6:15-7:15am Group Training 9-10am Group Training 12-1pm Group Training 4:30-5:15pm Prenatal 6:15-7:15pm Group Training 7:15-8:15pm Group Training	5-6am Group Training 6-7am Group Training 7:15-8:15am Group Training 9:15-10:15am Group Training 12:15-1pm Prenatal 1:15-2:15pm Group Training 5:15-6:15pm Group Training	6:30-7:15pm Prenatal	11:15-12pm Prenatal	10-11am Group Training	

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Schedule subject to change