



**Training Zone: Fitness Floor**

**February 2018**

<b>February 2018</b>		
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<p><b>4:45-7:30am</b> Group Training</p> <p><b>10-11:30am</b> Group Training</p> <p><b>11:45-2:30pm</b> Powerful Women &amp; Group Training</p> <p><b>5:45-8:30pm</b> Revive &amp; Thrive &amp; Group Training</p>	<p><b>4:45-7:30am</b> Group Training &amp; Why Not Tri</p> <p><b>9:15-11:15am</b> AOA Program</p> <p><b>1-8:30pm</b> Group Training &amp; Powerful Men</p>	<p><b>4:45-6:15am</b> Boot Camp</p> <p><b>10:45-2:30pm</b> Group Training &amp; Powerful Women</p> <p><b>4:30-8:45pm</b> Group Training &amp; Revive &amp; Thrive</p>
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>4:45-7:45am</b> Why Not Tri &amp; Group Training</p> <p><b>9:15-12:15am</b> AOA &amp; Group Training</p> <p><b>3:15-8:30pm</b> Group Training &amp; Powerful Men</p>	<p><b>4:45-7:30am</b> Boot Camp &amp; Group Training</p> <p><b>8:45-10:15am</b> Group Training</p> <p><b>10:45-1:30pm</b> Group Training</p>	<p><b>10-12:45pm</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: Track C

February 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6 12:45-3:15pm Group Training	7	8	9	10	11
12	13 12:45-3:15pm Group Training	14	15	16	17	18
19	20 12:45-3:15pm Group Training	21	22	23	24	25
26	27 12:45-3:15pm Group Training	28				

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Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: Women's Studio

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

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Schedule subject to change