



FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

SPRING 2019

TEAM TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
5:40 AM	A	I	K	A	I	
7:00 AM	A		K			
8:30 AM	K	A	F	I	A	K
9:40 AM	F	K	K	A	I	A
AFTERNOON & EVENING						
12:00 PM		I		K		
6:15 PM	F	A	K	I		

A = AFTERBURN
K = KINETICS

I = INDUSTRIAL STRENGTH
F = FOUNDATIONS

TRAINERS

TRISTAN
JOAN MARY
MEGAN ELENA