



FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

FALL 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