



# FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

UPDATED JUNE 2021

## TEAM TRAINING SCHEDULE

|                   | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|--------|---------|-----------|----------|--------|----------|
| 5:45 AM           |        | I       |           | A        |        |          |
| 7:00 AM           | Z      |         |           |          | Z      |          |
| 8:00 AM           | A      |         | K         |          | I      |          |
| 8:30 AM & 9:45 AM |        |         |           |          |        | K        |
| 12:00 PM          |        | I       |           | A        | Z      |          |
| 5:00 PM           | Z      |         | Z         |          | Z      |          |
| 6:00 PM           | A      | I       | K         | A        |        |          |

**TRAINERS**  
CHRIS  
ELENA  
JOAN  
MEGAN  
TRISTAN

**A** = AFTERBURN  
**K** = KINETICS  
**I** = INDUSTRIAL STRENGTH  
**Z** = ZOOM HIGH INTENSITY INTERVAL TRAINING