

UPDATED FOR **SEPTEMBER 2023**



FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

MONDAY

7:30 - 8:30 AM

BOXING*

CHRIS • CO-ED

9:00 - 9:55 AM

YOGA MOVE

DANIEL • ALL LEVELS

10:15 - 11:15 AM

BARRE *

EMILY • ALL LEVELS

5:00 - 5:55 PM

PILATES MAT

ROSEMARIE • ALL LEVELS

TUESDAY

9:15 - 10:15 AM

INTERVAL BARRE*

KARI • ALL LEVELS

10:30 - 11:25 AM

PIYO FUSION

ROSE MARIE • ALL LEVELS

12:00 - 1:00 PM

BOXING*

CHRIS • WOMEN

5:00 - 6:00 PM

BARRE*

EMILY • ALL LEVELS

WEDNESDAY

6:45 - 7:45 AM

BARRE*

TBD • ALL LEVELS

9:00 - 9:55 AM

YOGA MOVE

DANIEL • ALL LEVELS

10:15 - 11:15 AM

BARRE*

KARI • ALL LEVELS

12:00 - 1:00 PM

FIVE POINTS CYCLE

ARUTI • ALL LEVELS

5:00 - 5:55 PM

PILATES MAT

ROSEMARIE • ALL LEVELS

THURSDAY

9:15 - 10:15 AM

INTERVAL BARRE*

EMILY • ALL LEVELS

10:30 - 11:25 AM

PIYO FUSION

ROSE MARIE • ALL LEVELS

12:00 - 1:00 PM

BOXING*

CHRIS • WOMEN

5:00 - 6:00 PM

BARRE*

TANYA • ALL LEVELS

FRIDAY

9:15 - 10:15 AM

BARRE FUSION*

KARI • ALL LEVELS

12:00 - 1:00 PM

FIVE POINTS CYCLE

ARUTI • ALL LEVELS

SATURDAY

9:00 - 10:00 AM

BARRE*

TBD • ALL LEVELS

SUNDAY

9:00 - 10:00 AM

BARRE FUSION*

KARI or EMILY • ALL LEVELS

GREAT CLASSES FOR 2023!

DOWNLOAD OUR MOST CURRENT SCHEDULE ONLINE AT www.fivepointsfitness.net

NORTHERN MARIN'S FINEST HEALTH CLUB • 487 ENTRADA DRIVE • NOVATO, CALIFORNIA 94954 • (415) 883-9353

HOURS MONDAY-FRIDAY 5:30 AM - 9:00 PM SATURDAY-SUNDAY 7:00 AM - 7:00 PM

PRE-REGISTRATION FOR ALL SPIN CLASSES REQUIRED. REGISTRATION OPENS UP TWO DAYS PRIOR TO CLASS AT MIDNIGHT.

*Fee Based Classes

GET OUR NEW FIVE POINTS APP TODAY!

APPLE DOWNLOAD



ANDROID DOWNLOAD

