



GROUP CLASS OFFERINGS

\$PaidPrograms\$ must be booked 24 hours prior to class start. Book with Joan or Kevin

MONDAY

7:00am - 8:00am
Cycling
w/Lynette

9:15am - 10:15am
Small Group
w/Joan
\$Paid Program\$

9:15am - 10:45am
Yoga
w/Thom

10:30am - 11:30pm
Small Group
w/Joan
\$Paid Programs\$

11:30am - 12:45pm
Parkinsons Fitness
w/Sharlene
\$Paid Programs\$

7:30pm-
Brazilian
w/Erik
\$Paid Pro

TUESDAY

7:30am - 8:30am
Small Group
w/Kevin
\$Paid Programs\$

8:30am - 9:20am
Fitness On Demand
w/Stacey Jo

8:45am - 9:45am
Small Group
w/Kevin
\$Paid Programs\$

6:30pm Jui Jitsu
Brazilian w/Erik
\$Paid Programs\$

WEDNESDAY

9:30am - 10:20am
Yoga
w/Jude

9:15am - 10:15am
Small Group
w/Joan
\$Paid Programs

10:30am- 11:30pm
Small Group
w/Joan
\$Paid Programs\$

11:30am - 12:45pm
Parkinsons Fitness
w/Sharlene
\$Paid Programs\$

5:45pm - 7:15pm
Yoga
w/Thom

7:30pm- 9:00pm
Brazilian Jui Jitsu
w/Erik
\$Paid Programs\$

THURSDAY

7:30am - 8:30am
Small Group
w/Kevin
\$Paid Programs\$

8:30am - 9:20am
Fitness On Demand
w/Stacey Jo

8:45am - 9:45am
Small Group
w/Kevin
\$Paid Programs\$

FRIDAY

7:00am - 8:00am
Cycling
w/Lynette

9:15am - 10:15am
Small Group
w/Joan
\$Paid Programs\$

10:30am - 11:30am
Small Group
w/Joan
\$Paid Programs\$

9:30am - 10:30am
Yoga
w/Jude

SATURDAY

9:45am - 11:15am
Yoga
w/Thom

11:30am - 1:00pm
Brazilian Jiu Jitsu
w/Erik
\$Paid Programs\$



OFFERINGS

\$PaidProgram\$ Small Group with **Joan and **Kevin** must be booked 24 hours prior to class start. NO EXCEPTIONS**

If member is interested in small group training class **\$PaidProgram\$**, they need to contact Manager@fivepointsfitness.net

Members will be asked what days of the week and times work best for them. If they have injuries or conditions, we need to work with.

Brazilian Jiu Jitsu w/Erik \$PaidProgram\$ does allow a drop in students. Text or call **Erik directly 1 (415) 246-5891**

Parkinsons' Fitness & Boxing w/Sharlene \$PaidProgram\$ DOES NOT ALLOW DROP IN STUDENTS must text or call directly **Sharlene (805)813-3777**