

UPDATED FOR **JANUARY 2025**



FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

MONDAY

8:00 - 9:00 AM

AFTERBURN*
KEVIN • ALL LEVELS

9:00 - 9:55 AM

YOGA MOVE
DANIEL • ALL LEVELS

5:00 - 5:55 PM

PILATES MAT
ROSEMARIE • ALL LEVELS

6:00 - 7:00 PM

AFTERBURN*
KEVIN • ALL LEVELS

TUESDAY

5:45 - 6:45 AM

INDUSTRIAL STRENGTH*
JOAN • ALL LEVELS

10:30 - 11:25 AM

PIYO FUSION
ROSE MARIE • ALL LEVELS

12:00 - 1:00 PM

INDUSTRIAL STRENGTH*
JOAN • ALL LEVELS

6:00 - 7:00 PM

INDUSTRIAL STRENGTH*
ELENA • ALL LEVELS

WEDNESDAY

8:00 - 9:00 AM

KINETICS*
KEVIN • ALL LEVELS

9:00 - 9:55 AM

YOGA MOVE
DANIEL • ALL LEVELS

12:00 - 1:00 PM

FIVE POINTS CYCLE
ARUTI • ALL LEVELS

5:00 - 5:55 PM

PILATES MAT
ROSEMARIE • ALL LEVELS

6:00 - 7:00 PM

KINETICS*
KEVIN • ALL LEVELS

THURSDAY

5:45 - 6:45 AM

AFTERBURN*
JOAN • ALL LEVELS

10:30 - 11:25 AM

PIYO FUSION
ROSE MARIE • ALL LEVELS

12:00 - 1:00 PM

AFTERBURN*
ELENA • ALL LEVELS

6:00 - 7:00 PM

AFTERBURN*
ELENA • ALL LEVELS

FRIDAY

8:00 - 9:00 AM

INDUSTRIAL STRENGTH*
KEVIN • ALL LEVELS

12:00 - 1:00 PM

FIVE POINTS CYCLE
ARUTI • ALL LEVELS

SATURDAY

7:30 - 8:30 AM

KINETICS*
KEVIN • ALL LEVELS

8:30 - 9:30 AM

KINETICS*
KEVIN • ALL LEVELS

***FEE BASED CLASSES**

SUNDAY

GREAT CLASSES FOR 2025!

IF OUR SCHEDULE OF CLASSES
DOESN'T FIT YOUR SCHEDULE,
ASK ABOUT OUR **FITNESS
ON DEMAND CLASSES**

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.

GET OUR NEW FIVE POINTS APP TODAY!

APPLE DOWNLOAD



ANDROID DOWNLOAD

