

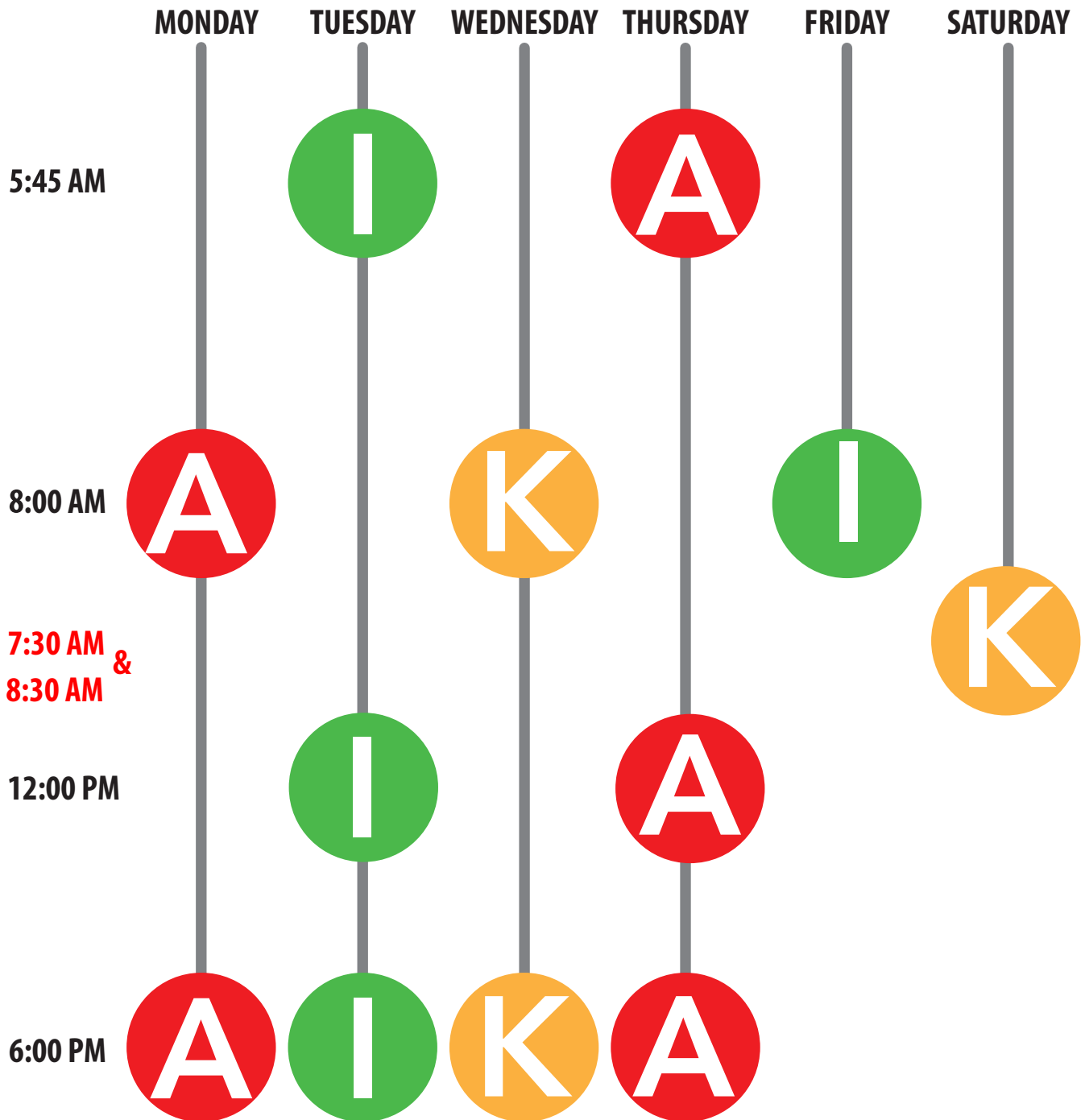


FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

UPDATED JANUARY 2025

TEAM TRAINING SCHEDULE



- A** = AFTERBURN
- K** = KINETICS
- I** = INDUSTRIAL STRENGTH

TRAINERS
JOAN
KEVIN
ELENA