

UPDATED FOR **MAY 2025**



FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

MONDAY

8:00 - 9:00 AM	9:00 - 9:55 AM	5:00 - 5:55 PM	6:00 - 7:00 PM
AFTERBURN* KEVIN • ALL LEVELS	YOGA MOVE JUDE • ALL LEVELS	PILATES MAT ROSEMARIE • ALL LEVELS	AFTERBURN* KEVIN • ALL LEVELS

TUESDAY

5:45 - 6:45 AM	10:30 - 11:25 AM	12:00 - 1:00 PM	6:00 - 7:00 PM
INDUSTRIAL STRENGTH* KEVIN • ALL LEVELS	PIYO FUSION ROSE MARIE • ALL LEVELS	INDUSTRIAL STRENGTH* JOAN • ALL LEVELS	INDUSTRIAL STRENGTH* ELENA • ALL LEVELS

WEDNESDAY

8:00 - 9:00 AM	9:00 - 9:55 AM	12:00 - 1:00 PM	5:00 - 5:55 PM	6:00 - 7:00 PM
KINETICS* KEVIN • ALL LEVELS	YOGA MOVE THOM • ALL LEVELS	FIVE POINTS CYCLE ARUTI • ALL LEVELS	PILATES MAT ROSEMARIE • ALL LEVELS	KINETICS* KEVIN • ALL LEVELS

THURSDAY

5:45 - 6:45 AM	10:30 - 11:25 AM	12:00 - 1:00 PM	6:00 - 7:00 PM
AFTERBURN* KEVIN • ALL LEVELS	PIYO FUSION ROSE MARIE • ALL LEVELS	AFTERBURN* ELENA • ALL LEVELS	AFTERBURN* ELENA • ALL LEVELS

FRIDAY

8:00 - 9:00 AM	12:00 - 1:00 PM
INDUSTRIAL STRENGTH* KEVIN • ALL LEVELS	FIVE POINTS CYCLE ARUTI • ALL LEVELS

SATURDAY

7:30 - 8:30 AM	8:30 - 9:30 AM
KINETICS* KEVIN • ALL LEVELS	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

