



GROUP CLASS OFFERINGS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am – 8:00am Cycling w/Lynette	7:30am – 8:30am Small Group w/Kevin \$Paid Programs\$	9:30am – 10:20am Yoga w/Jude	7:30am - 8:30am Small Group w/Kevin \$Paid Programs\$	7:00am – 8:00am Cycling w/Lynette	9:45am -11:15am Yoga w/Thom
9:15am – 10:15am Small Group w/Joan \$Paid Program\$	8:00am-9:00am Tai Chi w/Sifu Jensen \$Paid Program\$	9:15am – 10:15am Small Group w/Joan \$Paid Programs	8:00am-9:00am Tai Chi w/Sifu Jensen \$Paid Program\$	9:15am – 10:15am Small Group w/Joan \$Paid Programs\$	11:30am – 1:00pm Brazilian Jiu Jitsu w/Erik \$PaidPrograms\$
9:15am – 10:45am Yoga w/Thom	8:45am – 9:45am Small Group w/Kevin \$Paid Programs\$	10:30am- 11:30pm Small Group w/Joan \$Paid Programs\$	8:45am – 9:45am Small Group w/Kevin \$Paid Programs\$	10:30am – 11:30am Small Group w/Joan \$Paid Programs\$	
10:30am -11:30pm Small Group w/Joan \$Paid Programs\$	6:30pm Jui Jitsu Brazilian w/Erik \$Paid Programs\$	11:30am – 12:45pm Parkinsons Fitness w/Erik \$Paid Programs\$		9:30am – 10:30am Yoga w/Jude	
12:00pm – 1:00pm Parkinsons Fitness w/Erik \$Paid Programs\$		5:45pm – 7:15pm Yoga w/Thom			
7:30pm- 9:00pm Brazilian Jui Jitsu w/Erik \$Paid Programs\$		7:30pm- 9:00pm Brazilian Jui 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**