

UPDATED FOR **JANUARY 2026**



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*	YOGA MOVE	PILATES MAT	AFTERBURN*
KEVIN • ALL LEVELS	JUDE • ALL LEVELS	ROSEMARIE • ALL LEVELS	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*	PIYO FUSION	INDUSTRIAL STRENGTH*	INDUSTRIAL STRENGTH*
KEVIN • ALL LEVELS	ROSE MARIE • ALL LEVELS	JOAN • ALL LEVELS	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*	YOGA MOVE	FIVE POINTS CYCLE	PILATES MAT	KINETICS*
KEVIN • ALL LEVELS	THOM • ALL LEVELS	ARUTI • ALL LEVELS	ROSEMARIE • ALL LEVELS	CHRIS • ALL LEVELS

THURSDAY

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

FRIDAY

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

SATURDAY

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

***FEE BASED CLASSES**

SUNDAY



GREAT CLASSES FOR 2026!

DOWNLOAD OUR MOST CURRENT SCHEDULE ONLINE AT www.fivepointsfitness.net

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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

