

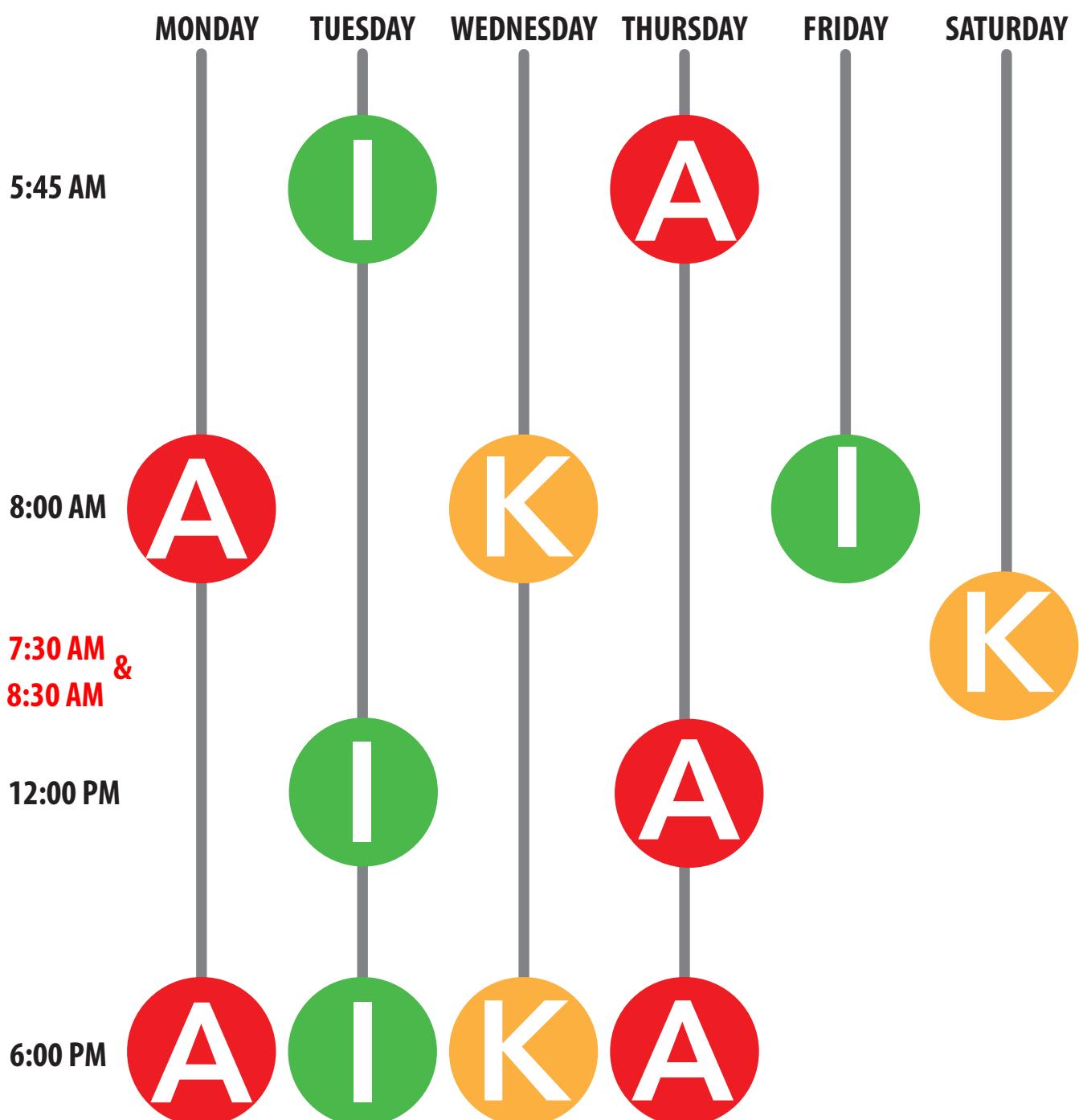


# FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

UPDATED FEBRUARY 2026

## TEAM TRAINING SCHEDULE



A = AFTERBURN

K = KINETICS

I = INDUSTRIAL STRENGTH

TRAINERS  
JOAN  
KEVIN  
ELENA  
CHRIS