

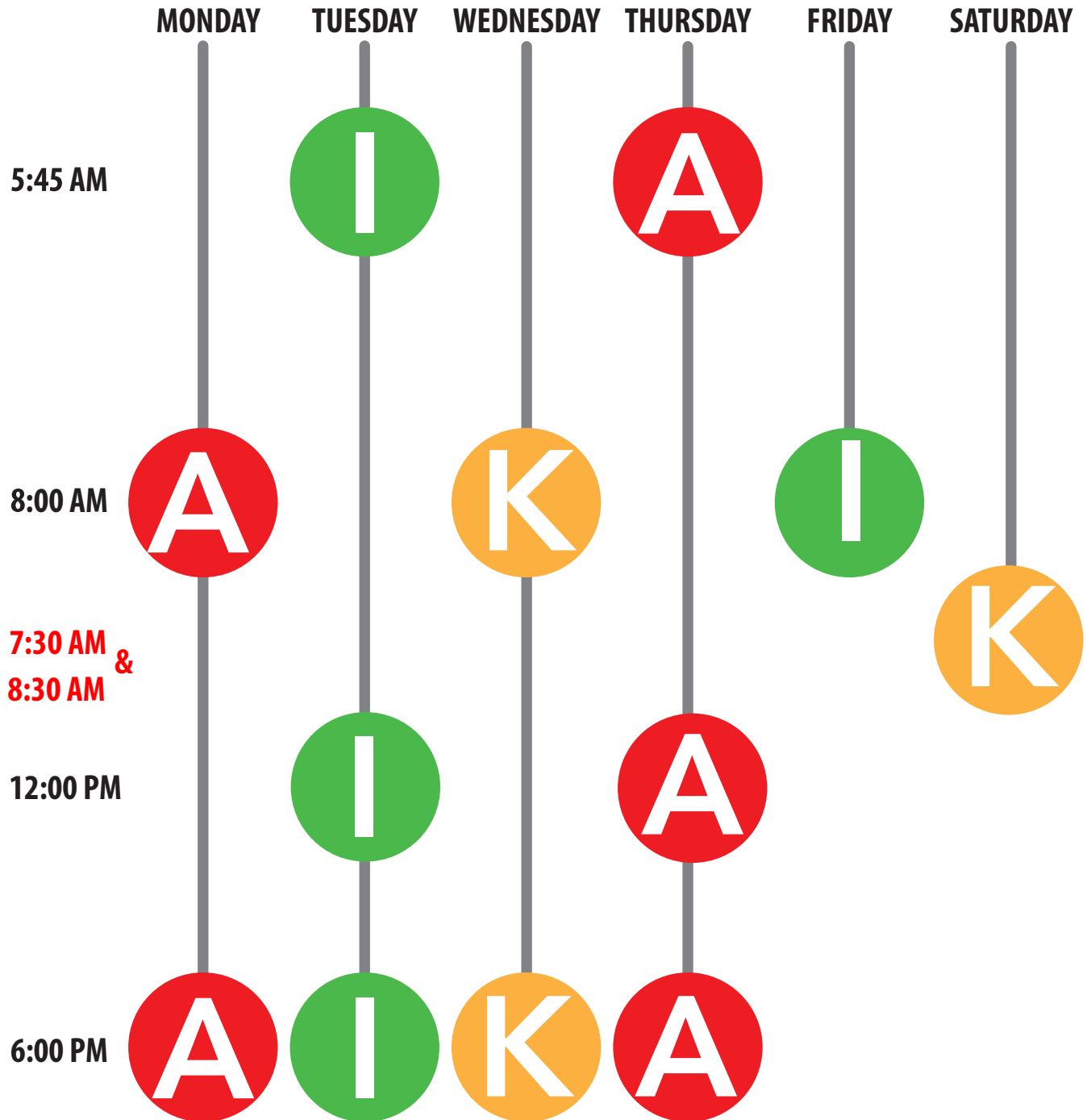


# FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

UPDATED FEBRUARY 2026

## TEAM TRAINING SCHEDULE



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

**TRAINERS**  
JOAN  
KEVIN  
ELENA  
CHRIS