




# TIMETABLE

THE FITSTOP FORMULA  
SUGGESTS THAT YOU SHOULD DO  
AT LEAST ONE FIT, ONE FAST, AND  
ONE FUNCTIONAL SESSION A WEEK  
TO REACH YOUR FULL POTENTIAL!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM	FUNCTIONAL	FIT	FAST	FUNCTIONAL	FIT	
6:00AM	FUNCTIONAL	FIT	FAST	FUNCTIONAL	FIT	
7:00AM						SOCIAL SATURDAY
9:15AM	FUNCTIONAL	FIT	FAST	FUNCTIONAL	FIT	
12:30PM						
4:15PM	FAST	FUNCTIONAL	FIT	FAST	FUNCTIONAL	
5:15PM	FAST	FUNCTIONAL	FIT	FAST	FUNCTIONAL	
6:15PM	FAST	FUNCTIONAL	FIT	FAST		
7:15PM						



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