




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
5:15AM	FUNCTIONAL	FIT	FAST	FUNCTIONAL	FIT	
6:15AM	FUNCTIONAL	FIT	FAST	FUNCTIONAL	FIT	
7:15AM	FUNCTIONAL	FIT	FAST	FUNCTIONAL	FIT	SOCIAL SATURDAY
8:15AM						SOCIAL SATURDAY
9:15AM	FUNCTIONAL	FIT	FAST	FUNCTIONAL	FIT	
12:15PM	FAST	FUNCTIONAL	FIT	FAST	FUNCTIONAL	
4:15PM						
5:15PM	FAST	FUNCTIONAL	FIT	FAST	FUNCTIONAL	
6:15PM	FAST	FUNCTIONAL	FIT	FAST		



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