




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	
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		



SOUTHMELBOURNE@FSFITNESS.COM.AU



WWW.FSFITNESS.COM.AU



0402 430 465