



125kg



69kg

The team at Fite N Fit have helped me gain fitness and strength which helps support my busy lifestyle and family. My training sessions are fun, focused and challenging. I find that I have a lot more respect for my health which has been evident by my continued weight loss.

Aven Schardt

We provide an exceptional service to ensure our clients achieve all their fitness goals

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Kris Ashton

How To Melt Away Kilos Of Ugly Unwanted Body Fat

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