

FYW FITNESS CLASS SCHEDULE January 2021

Building attached to the
1ST Methodist Church
10000 Central Ave. Oak Lawn, IL 60453

NO REGISTRATION NECESSARY
NO SIGN UP FEES
\$2.50 Per Class

708-251-4058

www.FitYourWorld.com

text questions to 708-253-8650 or email mrankin@fityourworld.com **Format /time change or new class**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|---|-------------------------------------|
| 3 | 4 6am Tabata 6:15pm kickboxing | 5 6am kickboxing intervals 6:15 pm Sculpting with Liz | 6 6am Sculpting 6:15pm Tabata | 7 6am 3-2-1 Cardio 6:15 pm Sculpting with Debi | 8 6am bootcamp | 9 8:00 am Interval circuits |
| 10 This month we will have a tent set up to provide some shelter and a little warmth while still safely remaining outside | 11 6am Tabata 6:15pm kickboxing | 12 6am kickboxing intervals 6:15 pm Sculpting with Liz | 13 6am Sculpting 6:15pm Tabata | 14 6am 3-2-1 Cardio 6:15 pm Sculpting with Debi | 15 6am bootcamp | 16 8:00 Tabata |
| 17 | 18 6am Tabata 6:15pm kickboxing | 19 6am kickboxing intervals 6:15 pm Sculpting with Liz | 20 6am Sculpting 6:15pm Tabata | 21 6am 3-2-1 Cardio 6:15 pm Sculpting with Debi | 22 6am bootcamp 5:00 pm Sunset Tabata Express (30 min) | 23 8:00 am Interval circuits |
| 24 Classes will be held outdoors until the covid numbers improve. | 25 6am Tabata 6:15pm kickboxing | 26 6am Metabolic resistance training 6:15 pm Sculpting with Liz | 27 6am Sculpting 6:15pm Tabata | 28 6am 3-2-1 Cardio 6:15 pm Sculpting with Debi | 29 6am bootcamp | 30 8:00 am –Tabata |
| 31 | 1 6am Tabata 6:15pm kickboxing | 2 6am kickboxing intervals 6:15 pm Sculpting with Liz | 3 6am Sculpting 6:15pm Tabata | 4 6am 3-2-1 Cardio 6:15 pm Sculpting with Debi | 5 6am bootcamp 5:00 pm Sunset Tabata Express (30 min) | 6 8:00 am Bootcamp |