

FYW FITNESS CLASS SCHEDULE September 2020

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
6	7 8:00am Bootcamp LABOR DAY	8 6am kickboxing 6:15 pm Sculpting with Debi	9 6am Sculpting 6:15pm Tabata	10 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	11 6am bootcamp	12 8:00 am Tabata
13 For right now the classes will continue to be held outside in the parking lot as long as the weather holds out	14 6am Tabata 6:15pm kickboxing	15 6am kickboxing 6:15 pm Sculpting with Debi	16 6am Sculpting 6:15pm Tabata	17 6am 3-2-1 Cardio :15 pm Sculpting with Liz	18 6am bootcamp	19 8:00 am Interval circuits
20	21 6am Tabata 6:15pm kickboxing	22 6am kickboxing 6:15 pm Sculpting with Debi	23 6am Sculpting 6:00 pm Tabata 7:00 pm FREE MEDATATION class	24 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	25 6am bootcamp	26 8:00 am Tabata
27	28 6am Tabata 6:15pm kickboxing	29 6am kickboxing 6:15 pm Sculpting with Debi	30 6am Sculpting 6:15pm Tabata	1 6am 3-2-1 Cardio :15 pm Sculpting with Liz	2 6am bootcamp	3 8:00 am Bootcamp
4 Any weather related class Cancellations will be posted on the Facebook page a half hour before class.	5 6am Tabata 6:15pm kickboxing	6 6am kickboxing 6:15 pm Sculpting with Debi	7 6am Sculpting 6:15pm Tabata	8 6am 3-2-1 Cardio :15 pm Sculpting with Liz	9 6am bootcamp	10 8:00 am Tabata

