

FYW FITNESS CLASS SCHEDULE November 2019

**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
	28 6am Tabata 6:15pm Cardio kickbox	29 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	30 6am Sculpting 6:15pm Tabata	31 6am 3-2-1 Cardio Happy Halloween No p.m class	1 5:45am Abs and glutes 6am Interval bootcamp	2 7:15am Yoga/Stretch 7:45am candy buster workout
3	4 6am Tabata 6:15pm Cardio kickbox	5 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	6 6am Sculpting 6:15pm Tabata	7 6am 3-2-1 Cardio 6:15pm H I I T cardio intervals	8 5:45am Abs and glutes 6am Interval bootcamp	9 7:30am Yoga/Stretch 8:00am Cardio Sculpt
10	11 6am Tabata 6:15pm Cardio kickbox	12 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	13 6am Sculpting 6:15pm Tabata	14 6am 3-2-1 Cardio 6:15pm H I I T cardio intervals	15 5:45am Abs and glutes 6am Interval bootcamp	16 7:30am Yoga/Stretch 8:00am Bootcamp
17	18 6am Tabata 6:15pm Cardio kickbox	19 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	20 6am Sculpting 6:15pm Tabata	21 6am 3-2-1 Cardio 6:15pm H I I T cardio intervals	22 5:45am Abs and glutes 6am Interval bootcamp	23 7:15am Yoga/Stretch 7:45am 3-2-1 workout
24	25 6am Tabata 6:15pm Cardio kickbox	26 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	27 6am Sculpting 6:15pm Tabata	28 7:15am TURKEY DAY WORKOUT	29 6am POST TURKEY WORKOUT	30 7:30am Yoga/Stretch 8:00am Tabata