

# FYW FITNESS CLASS SCHEDULE July 2021

**Building attached to the  
1<sup>ST</sup> 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](http://www.FitYourWorld.com)

text questions to 708-253-8650 or email [mrankin@fityourworld.com](mailto:mrankin@fityourworld.com) **Format /time change or new class**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 6:00 am classes are held indoors Evening and Saturday classes will be held permitting	28 6am Tabata  6:15pm kickboxing	29 6am kickboxing intervals  6:15 pm Sculpting with Liz	30 6am Sculpting  6:15pm Tabata	1 6am 3-2-1 Cardio	2 6am bootcamp  5:05 pm Tabata Express (30 min)	3  <b>8:00 am 4<sup>th</sup> of July workout</b>
4	5 <b>8:00 Cardio internals</b>	6 6am kickboxing intervals  6:15 pm Sculpting with Liz	7 6am Sculpting  6:15pm Tabata	8 6am 3-2-1 Cardio  6:15 pm Tabata with Mary	9 6am bootcamp  <b>5:05 NO EVENING class</b>	10  8:00 Tabata
11	12 6am Tabata  6:15pm kickboxing	13 6am kickboxing intervals  6:15 pm Sculpting with Liz	14 6am Sculpting  6:15pm Tabata	15 6am 3-2-1 Cardio  6:15 pm Sculpting with Liz	16 6am bootcamp  <b>5:05 NO EVENING class</b>	17  8:00 am Bootcamp
18	19 6am Tabata  6:15pm kickboxing	20 6am kickboxing intervals  6:15 pm Sculpting with Liz	21 6am Sculpting  6:15pm Tabata	22 6am 3-2-1 Cardio  6:15 pm Sculpting with Liz	23 6am bootcamp  5:05 pm Tabata Express (30 min)	24  8:00 Tabata
25	26 6am Tabata  6:15pm kickboxing	27 6am kickboxing intervals  6:15 pm Sculpting with Liz	28 6am Sculpting  6:15pm Tabata	29 6am 3-2-1 Cardio  6:15 pm Sculpting with Liz	30 6am bootcamp  5:05 pm Tabata Express (30 min)	31 8:00 am Bootcamp

