

FYW FITNESS CLASS SCHEDULE August 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
2	3 6am Tabata 6:15pm kickboxing	4 6am kickboxing 6:15 pm Sculpting with Debi	5 6am Sculpting 6:15pm Tabata	6 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	7 6am bootcamp	8 8:00 am Circuit Intervals
9 For right now the classes will continue to be held outside in the parking lot.	10 6am Tabata 6:15pm kickboxing	11 6am kickboxing 6:15 pm Sculpting with Debi	12 6am Sculpting 6:15pm Tabata	13 6am 3-2-1 Cardio :15 pm Sculpting with Liz	14 6am bootcamp	15 7:30 am yoga stretch 8:00 am Tabata
16 We are planning to transition some of the classes indoors as soon as we are allowed inside	17 6am Tabata 6:15pm kickboxing	18 6am kickboxing 6:15 pm Sculpting with Debi	19 6am Sculpting 6:15pm Tabata	20 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	21 6am bootcamp	22 7:30 am yoga stretch 8:00 am 3-2-1
23 This calendar will be updated with the specific classes that will be offered indoors when or if we have definitive dates.	25 6am Tabata 6:15pm kickboxing	25 6am kickboxing 6:15 pm Sculpting with Debi	26 6am Sculpting 6:15pm Tabata	27 6am 3-2-1 Cardio :15 pm Sculpting with Liz	28 6am bootcamp	29 7:30 am yoga stretch 8:00 am Tabata
30	31 6am Tabata 6:15pm kickboxing	1 6am kickboxing 6:15 pm Sculpting with Debi	2 6am Sculpting 6:15pm Tabata	3 6am 3-2-1 Cardio :15 pm Sculpting with Liz	4 6am bootcamp	5 7:30 am yoga stretch 8:00 am Bootcamp

