

FYW FITNESS CLASS SCHEDULE MARCH 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
1 6am Tabata 6:15pm Cardio kickbox	2 6am Tabata 6:15pm Cardio kickbox	3 6am kickboxing 6:15 pm Sculpting	4 6am Sculpting 6:15pm Tabata	5 6am 3-2-1 Cardio 6:15pm cardio intervals	6 5:45am Abs & glutes 6am Interval bootcamp	7 730 am Yoga/Stretch 8:00 am Tabata
8	9 6am Tabata 6:15pm Cardio kickbox	10 6am kickboxing 6:15 pm Sculpting	11 6am Sculpting 6:15pm Tabata	12 6am 3-2-1 Cardio 6:15pm cardio intervals	13 5:45am Abs & glutes 6am Interval bootcamp	14 730 am Yoga/Stretch 8:00 am Circuit Intervals
15	16 6am Tabata 6:15pm Cardio kickbox	17 6am kickboxing 6:15 pm Sculpting	18 6am Sculpting 6:15pm Circuit Intervals	19 6am 3-2-1 Cardio No PM CLASS	20 5:45am Abs & glutes 6am Interval bootcamp	21 730 am Yoga/Stretch 8:00 am Spring Is Here Cardio bootcamp
22	23 6am Tabata 6:15pm Cardio kickbox	24 6am Circuit Intervals 6:15 pm Sculpting	25 6am Sculpting 6:15pm Tabata	26 6am 3-2-1 Cardio 6:15pm cardio intervals	27 5:45am Abs & glutes 6am Interval bootcamp	28 730 am Yoga/Stretch 8:00 am 3-2-1 Workout
29	30 6am Tabata 6:15pm Cardio kickbox	31 6am kickboxing 6:15 pm Sculpting	1 6am Sculpting 6:15pm Tabata	2 6am 3-2-1 Cardio 6:15pm cardio intervals	3 5:45am Abs & glutes 6am Interval bootcamp	4 730 am Yoga/Stretch 8:00 am total body workout