

FYW FITNESS CLASS SCHEDULE May 2021

**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 6:00 am classes are held indoors Evening and Saturday classes will be held outdoors in May weather permitting	3 6am Tabata 6:15pm kickboxing	4 6am kickboxing intervals 6:15 pm Sculpting with Liz	5 6am Sculpting 6:15pm Tabata	6 6am 3-2-1 Cardio	7 6am bootcamp 5:05 pm Tabata Express (30 min)	8 8:00 am Cardio Sculpt
9	10 6am Tabata 6:15pm kickboxing	11 6am kickboxing intervals 6:15 pm Sculpting with Liz	12 6am Sculpting 6:15pm Tabata	13 6am 3-2-1 Cardio	14 6am bootcamp 5:05 pm Tabata Express (30 min)	15 8:00 Tabata
16	17 6am Tabata 6:15pm kickboxing	18 6am kickboxing intervals 6:15 pm Sculpting with Liz	19 6am Sculpting 6:15pm Tabata	20 6am 3-2-1 Cardio	21 6am bootcamp 5:05 pm Tabata Express (30 min)	22 8:00 am Bootcamp
23 Saturday morning Stretching class with Mary is returning in June	24 6am Tabata 6:15pm kickboxing	25 6am kickboxing intervals 6:15 pm Sculpting with Liz	26 6am Sculpting 6:15pm Tabata	27 6am 3-2-1 Cardio	28 6am bootcamp 5:05 pm Tabata Express (30 min)	29 8:00 Tabata
30 Thursday nights with Debi are returning in June	31 8:00 am Memorial day boot camp	1 6am kickboxing intervals 6:15 pm Sculpting with Liz	2 6am Sculpting 6:15pm Tabata	3 6am 3-2-1 Cardio 6:15pm Interval class with Deb	4 6am bootcamp 5:05 pm Tabata Express (30 min)	5 7:30 am stretching 8:00 am Cardio Sculpt

