

FYW FITNESS CLASS SCHEDULE November 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 Mon –Fri classes will be held indoors or outdoors depending on the weather and light.	2 6am Tabata 6:15pm kickboxing	3 6am kickboxing intervals 6:15 pm Sculpting with Liz	4 6am Sculpting 6:15pm Tabata	5 6am 3-2-1 Cardio 6:15 pm Sculpting with Debi	6 6am bootcamp	7 8:00 am Tabata
8 ** The Metabolic resistance training class will use heavier weights. You can use our weights or bring your own set.	9 6am Tabata 6:15pm kickboxing	10 6am kickboxing intervals 6:15 pm Sculpting with Liz	11 6am Sculpting 6:15pm Tabata	12 6am metabolic resistance training workout ** 6:15 pm Sculpting with Debi	13 6am bootcamp	14 8:00 am Interval circuits
15	16 6am Tabata 6:15pm kickboxing	17 6am kickboxing intervals 6:15 pm Sculpting with Liz	18 6am Sculpting 6:15pm Tabata	19 6am 3-2-1 Cardio 6:15 pm Sculpting with Debi	20 6am bootcamp	21 7:15am Stretching – always indoors 8:00 am Tabata
22 8:00am Saturday classes will continue to held outdoors unless the weather is to severe	23 6am Tabata 6:15pm kickboxing	24 6am kickboxing intervals 6:15 pm Sculpting with Liz	25 6am Sculpting 6:15pm Tabata	26 7:00 am Turkey Workout	27 7:00 am Post- Turkey Workout	28 8:00 am –Interval Workout
29 We can safely accommodate 16 participants inside with 10 foot spacing in all directions	30 6am Tabata 6:15pm kickboxing	1 6am kickboxing intervals 6:15 pm Sculpting with Liz	2 6am Sculpting 6:15pm Tabata	3 6am 3-2-1 Cardio 6:15 pm Sculpting with Debi	4 6am bootcamp	5 7:15am Stretching – always indoors 8:00 am Tabata