

FYW FITNESS CLASS SCHEDULE January 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
29	30	31	1	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 New year Bootcamp
5	6 6am Tabata 6:15pm Cardio kickbox	7 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	8 6am Sculpting 6:15pm Tabata	9 6am 3-2-1 Cardio 6:15pm cardio intervals	10 5:45am Abs & glutes 6am Interval bootcamp	11 730 am Yoga/Stretch 8:00 am total body workout
12	13 6am Tabata 6:15pm Cardio kickbox	14 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	15 6am Sculpting 6:15pm Circuit training	16 6am 3-2-1 Cardio 6:15pm cardio intervals	17 5:45am Abs & glutes 6am Interval bootcamp	18 730 am Yoga/Stretch 8:00 am Cardio Sculpt
19	20 6am Tabata 6:15pm Cardio kickbox	21 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	22 6am Sculpting 6:15pm Tabata	23 6am 3-2-1 Cardio 6:15pm cardio intervals	24 5:45am Abs & glutes 6am Interval bootcamp	25 730 am Yoga/Stretch 8:00 am 3-2-1 Workout
26 Get ready for new classes in 2020	27 6am Tabata 6:15pm Cardio kickbox	28 5:45am Abs & glutes 6am kickboxing 6:15 pm Sculpting	29 6am Sculpting 6:15pm Tabata	30 6am 3-2-1 Cardio 6:15pm cardio intervals	31 5:45am Abs & glutes 6am Interval bootcamp 6:30pm BOOTCAMP CHALLENGE	1 730 am Yoga/Stretch 8:00 am Tabata

