

# FYW FITNESS CLASS SCHEDULE October 2021

**Building attached to the  
1<sup>ST</sup> 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](http://www.FitYourWorld.com)

text questions to 708-253-8650 or email [mrankin@fityourworld.com](mailto:mrankin@fityourworld.com) **Format /time change or new class**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am classes are held indoors Evening and Saturday classes will be held outside permitting	4	5	6	7	8 6am bootcamp <b>5:05 NO EVENING class)</b>	9 8:00 am Tabata
10 The decision to move the evening and Saturday classes indoors will be made 30 min prior to class time based on current weather conditions	11 8:00 am Tabata 6:15pm kickboxing	12 6am kickboxing intervals 6:15 pm Sculpting with Liz	13 6am Sculpting 6:15pm Tabata	14 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	15 6am bootcamp <b>5:05 pm Metabolic conditioning with Mary</b>	16 8:00 am 3-2-1 Intervals
17	18 6am Tabata 6:15pm kickboxing	19 6am kickboxing intervals 6:15 pm Sculpting with Liz	20 6am Sculpting 6:15pm Tabata	21 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	22 6am bootcamp <b>5:05 NO EVENING class)</b>	23 8:00 tabata
24	25 6am Tabata 6:15pm kickboxing	26 6am kickboxing intervals 6:15 pm Sculpting with Liz	27 6am Sculpting 6:15pm Tabata	28 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	29 6am bootcamp <b>5:05 Tabata express</b>	30 8:00 Spooky Pumpkin bootcamp
31 <b>Happy Halloween</b>	1 6am Tabata 6:15pm kickboxing	2 6am kickboxing intervals 6:15 pm Sculpting with Liz	3 6am Sculpting 6:15pm Tabata	4 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	5 6am bootcamp <b>5:05 pm no evening class- tom and Mary's anniversary</b>	6 8:00 am tabata

