

FYW FITNESS CLASS SCHEDULE September 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
6:00 am classes are held indoors Evening and Saturday classes will be held outside permitting					3 6am bootcamp 5:05 pm Metabolic conditioning with Mary	4 8:00 am Bootcamp
4	6 LABOR DAY 8:00 am Tabata	7 6am kickboxing intervals 6:15 pm Sculpting with Liz	8 6am Sculpting 6:15pm Tabata	9 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	10 6am bootcamp 5:05 pm no class	11 8:00 am Tabata
12	13 6am Tabata 6:15pm kickboxing	14 6am kickboxing intervals 6:15 pm Sculpting with Liz	15 6am Sculpting 6:15pm Tabata	16 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	17 6am bootcamp 5:05 pm Tabata express	18 8:00 Intervals
19	20 6am Tabata 6:15pm kickboxing	21 6am kickboxing intervals 6:15 pm Sculpting with Liz	22 6am Sculpting 6:15pm Tabata	23 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	24 6am bootcamp 5:05 NO EVENING class)	25 8:00 Tabata
26	27 6am Tabata 6:15pm kickboxing	28 6am kickboxing intervals 6:15 pm Sculpting with Liz	29 6am Sculpting 6:15pm Tabata	30 6am 3-2-1 Cardio 6:15 pm Sculpting with Liz	1 6am bootcamp 5:05 pm Tabata Express (30 min)	2 8:00 am Bootcamp