



Move 2 Win Classes & Events

FFC Oak Park



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Cardio blast 3-4/andrea	2 Endurance and Functional Movement 6am Dominik Studio 2	3
5 Circuit Training 6pm Justin C.	6 Cardiac Training for Recovery 6pm Guillermo	7 Strength Training For Fat Loss 6pm Eric L.	8 Cardio Blast 3-4	9 Endurance and Functional Movement 6am Dominik Studio 2	10
12 Circuit Training 6pm Guillermo	13 Cardiac Training for Recovery 6pm Justin C.	14 Strength Training For Fat Loss 6pm Jessica	15 Cardio Blast 3-4	16 Endurance and Functional Movement 6am Dominik Studio 2	17

Visit [FFC.COM/M2W](https://www.ffc.com/m2w) to register and view complete rules.