

FLO CrossFit Schedule

NEW Schedule 1/2/18

Wod = Workout of the Day | Followed by Coach of Class

Program Blend: CrossFit + F&MA at ALL 6 am & 12 pm Classes including Thursday's, Friday's, and Saturday's

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
6:00 AM	Strength & Conditioning	WOD: Will	Strength & Conditioning	WOD: Will	Cardio Kickboxing	8:00am	Team WOD: TBD
7:00 AM-12:00 PM	Open Gym					9:00am	Open Gym
12:00 PM-12:45 PM	Cardio Kickboxing	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Cardio boxing	10:00am	BJJ Sparring (GI)
12:45 PM-5:45 PM	Open Gym					11:00am	Strength & Conditioning
5:45 PM	WOD: TBD	WOD: TBD	WOD: Will	Strength & Conditioning	Cardio Kickboxing	12:00pm	Boxing (Intro)
6:45 PM	WOD: TBD	WOD: TBD	Endurance: Will	Bag class *(6:30)*	Boxing (Intro) *(6:30)*	1:00 PM	Open Gym
7:45 PM	Open Gym				CLOSED	2:00pm	CLOSED
9:00 PM	Closed						

info@flocrossfit.com
www.flocrossfit.com

709 South Vermont Street,
 Palatine, IL 60067

(847) 496-5499
 (847) 934-1356