

# FLO Fitness & Martial Arts Schedule

New Schedule 1/2/18 - Dotted Lines = Simultaneous Classes

\*(P) = Private Class - ask the front desk for more information

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
6:00am	Strength & Conditioning	WOD: Will	Strength & Conditioning	WOD: Will	Cardio Kickboxing	8:00am Open Gym
7:00am-9:00am	Open Gym					9:00am Bootcamp (P)
9:00 AM	Bootcamp (P)		Bootcamp (P)		Bootcamp (P)	10:00am BJJ Sparring (Gi)
10:00am - 12:00pm	Open Gym					11:00 AM Strength & Conditioning
12:00pm	Cardio Kickboxing	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Cardio boxing	12:00 PM Boxing (Intro)
1:00pm - 4:15pm	Open Gym					1:00 PM Intermediate Boxing (P)
4:15pm - 5:00pm		Youth Speed & Strength		Youth Speed & Strength	Youth Advanced Brazilian Jiu-Jitsu	2:00pm CLOSED
4:45pm - 5:45pm	Bootcamp (P)		Bootcamp (P)		Bootcamp (P)	
5:00pm	Youth Boxing	Youth Jiu-Jitsu	Youth Kickboxing	Youth Jiu-Jitsu	Youth Advanced Kickboxing	<a href="mailto:info@fomma.com">info@fomma.com</a> <a href="http://www.fomma.com">www.fomma.com</a>
5:45pm	Strength & Conditioning	Kicks & Abs	Boxing (Intro)	Strength & Conditioning	Youth Advanced Boxing	(847) 934-1356
6:30pm	Cardio Kickboxing	Kickboxing (Intro)	Boxing Sparring	Bag class	Cardio Kickboxing	709 South Vermont Street Palatine, IL 60067
	BJJ (Gi)		BJJ (Gi)	Intermediate Kickboxing (P)		
7:15pm	Advanced Boxing (P) BJJ Sparring (Gi)	Youth Speed & Strength	BJJ Sparring (Gi)	Youth Speed & Strength	Open Gym	
8:00pm	Open Gym				CLOSED	
9:00pm	CLOSED					