

# FLO Fitness & Martial Arts Schedule

New Schedule 1/2/19 - Dotted Lines = Simultaneous Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Strength & Conditioning	WOD	Strength & Conditioning	WOD	Cardio Kickboxing	8:00am Open Gym
7:00am-9:00am	Open Gym					9:00am Private Bootcamp
9:00 AM	Private Bootcamp		Private Bootcamp		Private Bootcamp	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	Private Bootcamp		Private Bootcamp		Private Bootcamp	
5:00pm	Youth Boxing	Youth Jiu-Jitsu	Youth Kickboxing	Youth Jiu-Jitsu	Youth Advanced Kickboxing	
5:45pm	Cardio Kickboxing	Kicks & Abs	Boxing (Intro)	Kickboxing (Intro) Strength & Condition	Cardio Kickboxing	
	Youth Jiu-Jitsu	Youth Boxing	Youth Jiu-Jitsu	Youth Kickboxing	Youth Advanced Boxing	
6:30pm	BJJ (GI)	Kickboxing (Intro)	BJJ (Gi)	Intermediate Kickboxing (P)	Boxing (Intro)	
	Strength & Conditioning		Boxing Sparring			
7:15pm	Advanced Boxing	Youth Speed & Strength	BJJ Sparring (GI)	Youth Speed & Strength	Open Gym	
	BJJ Sparring (GI)					
8:00pm	Open Gym				CLOSED	
9:00pm	CLOSED					

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