

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)	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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