

FLO Fitness & Martial Arts Schedule

New Schedule 4/1/19 - Youth and Bootcamp: *(P) = Private Woman's only bootcamp class - ask for more information

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
6:00am-9:00am	Open Gym						8:00am Open Gym
9:00am	Private Bootcamp		Private Bootcamp		Private Bootcamp		9:00am Private Bootcamp
10:00am - 4:15pm	Open Gym						10:00am
4:15pm - 5:00pm		Youth Speed & Strength		Youth Speed & Strength	Youth Advanced Brazilian Jiu-Jitsu		11:00 AM
4:45pm - 5:45pm	Private Bootcamp		Private Bootcamp		Private Bootcamp		12:00 PM
5:00pm	Youth Boxing	Youth Jiu-Jitsu	Youth Kickboxing	Youth Jiu-Jitsu	Youth Advanced Kickboxing		1:00 PM
5:45pm	Youth Jiu-Jitsu	Youth Boxing	Youth Jiu-Jitsu	Youth Kickboxing	Youth Advanced Boxing		2:00pm CLOSED
6:30pm	Open Gym						info@flomma.com
7:15pm	Open Gym	Youth Speed & Strength	Open Gym	Youth Speed & Strength	Open Gym		(847) 934-1356
8:00pm	Open Gym				CLOSED		709 South Vermont Street Palatine, IL 60067
9:00pm	CLOSED						