

FLO Fitness & Martial Arts Schedule

New Schedule 4/1/19 - Double Lines = Simultaneous Classes: Program Blend: WOD + F&MA

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
6:00am	Strength & Conditioning	WOD	Strength & Conditioning	WOD	Cardio Kickboxing	8:00am	WOD
7:00am - 9:00am	Open Gym					9:00am	Open Gym
9:00 AM		Metabolic HIIT		Metabolic HIIT		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 - 4:00pm	Open Gym					1:00 PM	Intermediate Boxing (P)
4:00pm	Metabolic HIIT	Metabolic HIIT	Metabolic HIIT	Metabolic HIIT	Open Gym	2:00pm	CLOSED
5:00pm	Open Gym					info@flomma.com www.flomma.com (847) 934-1356 709 South Vermont Street Palatine, IL 60067	
5:45pm - 6:45pm	WOD	WOD	WOD				
5:45pm	Cardio Kickboxing	Kicks & Abs	Boxing (Intro)	Kickboxing (Intro) Strength & Condition	Cardio Kickboxing		
6:30pm	BJJ (Gi) Strength & Conditioning	Kickboxing (Intro)	BJJ (Gi) Boxing Sparring	Intermediate Kickboxing (P) WOD Fundamentals	Boxing (Intro)		
6:45pm - 7:45pm	WOD	WOD	WOD				
7:15pm	Advanced Boxing BJJ Sparring (Gi)		BJJ Sparring (Gi)		Open Gym		
8:00pm	Open Gym					CLOSED	
9:00pm	CLOSED						