

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	Open Gym
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 709 South Vermont Street Palatine, IL 60067	
8:00pm	Open Gym				CLOSED		
9:00pm	CLOSED						