

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 | Cardio Kickboxing | WOD | Strength & Conditioning | 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 | Metabolic HIIT | 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 | | | | | | |