

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

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