

FLO Fitness & Martial Arts Schedule

New Schedule 6/1/20 - Adult classes only

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
6:00am	Strength & Conditioning (Online only Starting 6/8)	Metabolic HIIT (Starting 6/9)	Strength & Conditioning (Online only Starting 6/10)	Metabolic HIIT (Starting 6/11)	Strength & Conditioning (Online only Starting 6/12)	8:00am	WOD
7:00am - 9:00am	Open Gym					9:00am	Boot Camp
9:00 AM	Boot Camp	Metabolic HIIT	Boot Camp	Metabolic HIIT	Boot Camp	10:00am	Open Gym
10:00am - 12:00pm	Open Gym					11:00 AM	Strength & Conditioning
12:00pm	Strength & Conditioning	Strength & Conditioning	Cardio Boxing/ Kickboxing	Strength & Conditioning	Strength & Conditioning	12:00 PM	Boxing (Intro)
1:00pm - 4:00pm	Open Gym						
4:00pm	Metabolic HIIT	Metabolic HIIT	Metabolic HIIT	Metabolic HIIT	Metabolic HIIT		info@flomma.com
5:00pm	Boot Camp	WOD	Boot Camp	WOD	Boot Camp		www.flomma.com
6:00pm	WOD	Kickboxing (Intro)	WOD	Kickboxing (Intro)	Boxing (Intro)		(847) 934-1356
7:00pm	Cardio Kickboxing	Strength & Conditioning	Boxing (Intro)	Strength & Conditioning			709 South Vermont Street Palatine, IL 60067
8:00pm	Open Gym						