

# FLO Fitness & Martial Arts Schedule

New Schedule 7/6/20 - Youth

	Monday	Tuesday	Wednesday	Thursday	Friday
4:30pm	Youth Striking	Youth Speed & Strength	Youth Striking	Youth Speed & Strength	

Saturday
<a href="mailto:info@flomma.com">info@flomma.com</a> (847) 934-1356
709 South Vermont Street Palatine, IL 60067

All youth classes are now in facility however we will still be offering the online format as well the COVID-19 response.

Please be sure to use the following link for at home access.

<https://us02web.zoom.us/j/89337387605?pwd=WUIrQnh3bIFQRUM3L3p4VU5KVmxnZz09>

Or Zoom Meeting ID: 893 3738 7605

Please email [info@flomma.com](mailto:info@flomma.com) to get password for access.