

FLO Fitness & Martial Arts Schedule

New Schedule 1/2/21 - Adult classes only

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Strength & Conditioning	Metabolic HIIT	Strength & Conditioning	Metabolic HIIT	Strength & Conditioning
7:00am - 9:00am	Open Gym				
9:00 AM	<i>Boot Camp</i>	Metabolic HIIT	<i>Boot Camp</i>	Metabolic HIIT	<i>Boot Camp</i>
10:00am - 12:00pm	Open Gym				
12:00pm	Strength & Conditioning	Strength & Conditioning	Cardio Boxing/Kickboxing	Strength & Conditioning	Strength & Conditioning
1:00pm - 4:00pm	Open Gym				
4:00pm	Metabolic HIIT	Metabolic HIIT	Metabolic HIIT	Metabolic HIIT	Metabolic HIIT
5:00pm	<i>Boot Camp</i>	WOD	<i>Boot Camp</i>	WOD	<i>Boot Camp</i>
6:00pm	WOD	Kickboxing (Intro)	WOD	Kickboxing (Intro)	Boxing (Intro)
	Cardio Kickboxing		Boxing (Intro)		
	BJJ Class (Gi)		BJJ Class (Gi)		
7:00pm	Open Gym	Strength & Conditioning	Open Gym	Strength & Conditioning	
8:00pm	Open Gym				

	Saturday
8:00am	WOD
9:30am	BJJ Class (Gi)
11:00 AM	Strength & Conditioning
12:00 PM	Boxing (Intro)
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