

FLO Fitness & Martial Arts Schedule

New Schedule 1/2/21 - Youth

	Monday	Tuesday	Wednesday	Thursday		Saturday
4:15pm-5:00pm	Youth Striking	Youth Speed & Strength	Youth Striking	Youth Speed & Strength	10:00am-10:45am	Youth Speed & Strength
5:15pm-6:00pm		Youth BJJ	Youth Speed & Strength	Youth BJJ		

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/2472671164?pwd=SkZNCeNKajh1S0UrcUg1THpsYk1xQT09>

Or Zoom Meeting ID: 2472671164

Please email info@flomma.com to get password for access.

FLO Fitness & Martial Arts
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