

# FLO Fitness & Martial Arts Schedule

New Schedule 5/3/21 - Adult classes only

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Strength & Conditioning	Metabolic HIIT	Cardio Kickboxing	Metabolic HIIT	Strength & Conditioning
7:00am - 9:00am	Open Gym				
9:00 AM	Boot Camp	Metabolic HIIT	Boot Camp	Metabolic HIIT	Boot Camp
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	Boot Camp	Open Gym	Boot Camp	Open Gym	Boot Camp
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)
<a href="mailto:info@flomma.com">info@flomma.com</a>	
<a href="https://www.facebook.com/flomma/">www.facebook.com/flomma/</a>	
(847) 934-1356	
709 South Vermont Street Palatine, IL 60067	