FLO Fitness & Martial Arts Schedule

2024 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Strength & Conditioning	Strength & Conditioning	Cardio Kickboxing	Strength & Conditioning	Strength & Conditioning
6:45am	Open Gym				
9:00am	Women's Bootcamp	Strength & Conditioning	Women's Bootcamp	Strength & Conditioning	Women's Bootcamp
10:00am - 12:00pm	Open Gym				
12:00pm	Strength & Conditioning	Strength & Conditioning	Cardio Kickboxing	Strength & Conditioning	Strength & Conditioning
1:00pm - 4:00pm	Open Gym				
4:15pm	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Cardio Kickboxing
4:30pm	Youth Boxing	Youth Speed & Strength	Youth Kickboxing	Youth Speed & Strength	
5:15pm	Youth Boxing (Adv)	Youth BJJ / Women's Intro to Strength Training	Youth Kickboxing (Adv)	Youth BJJ / Women's Intro to Strength Training	Open Gym
6:00pm	Cardio Kickboxing / Brazilian Jiu Jitsu	Kickboxing (Intro)	Boxing (Intro) / Brazilian Jiu Jitsu	Kickboxing (Intro)	Boxing (Intro)
7:00pm	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Kickboxing (Adv) / Strength & Conditioning	Boxing (Advanced)
8:00pm	Open Gym				CLOSED

*Women's Bootcamp is NOT included in Memberships

	Saturday
9:30am	Brazilian Jiu Jitsu
11:00 AM	Youth Kickboxing / Strength & Conditioning
12:00 PM	Boxing (Intro)

info@flomma.com

www.facebook/flomma/

709 South Vermont Street
Palatine, IL 60067

(847) 934-1356