



OPEN GYM HOURS:
Monday - Friday
 9:00am - 9:00pm
Saturday
 10:00am - 9:00pm
Sunday
 11:00am - 6:00pm

ULTIMATE ATHLETICS

Martial Arts Fitness and Training Center

**40 Catherwood Rd
 Ithaca NY
 (607) 319-0685
 www.UAGym.com**

Open Mat during all Business Hours!

Ask about Private Lessons!

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	Sunday		
7:00	Ultimate Fit				Closed				Ultimate Fit				Closed				Ultimate Fit Strength				Closed	Closed		
8:00	Closed				Closed				Closed				Closed				Closed							
9:00	Ultimate Fit				Boxing				Ultimate Fit				Boxing				Ultimate Fit Strength				10-11am KIDS UltimateFit	Closed		
10:00	OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM				BJJ Technique 10-Noon			
11:00	OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM				Muay Thai 11-Noon	OPEN GYM		
12:00	"ULTIMATE U" WOMEN'S ONLY SPECIAL PROGRAM		OPEN GYM		OPEN GYM				"ULTIMATE U" WOMEN'S ONLY SPECIAL PROGRAM		OPEN GYM		OPEN GYM				"ULTIMATE U" WOMEN'S ONLY SPECIAL PROGRAM		OPEN GYM		Ultimate Fit Noon-1:00pm			
1:00	OPEN GYM								OPEN GYM								OPEN GYM				OPEN GYM			
2:00	OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM			
3:00	OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM				OPEN GYM			
4:00	Cardio Bag Class				Kids Boxing				Cardio Bag Class				Kids Boxing				Cardio Bag Class				Cardio Bag Class			
5:00	Boxing Level 1	Muay Thai	Kids BJJ	Ultimate Fit	Boxing Level 1	Muay Thai	Kids BJJ	Ultimate Fit Strength	Boxing Level 1	Muay Thai	Kids BJJ	Ultimate Fit	Boxing Level 1	Muay Thai	Kids BJJ	Ultimate Fit Strength	Boxing Level 1	Muay Thai	Grappling	Ultimate Fit	Open Gym			
6:00	Boxing Level 2	Ultimate Fit	Youth Wrestling	BJJ (Gi) Adult	Ultimate Fit Strength	Cardio Bag Class		BJJ (Gi) Adult	Boxing Level 2	Ultimate Fit	Youth Wrestling	BJJ (Gi) Adult	Ultimate Fit Strength	Cardio Bag Class		BJJ (Gi) Adult	Boxing Level 2	Ultimate Fit	Open Mat PeeWee	BJJ (Gi) Adult				
7:00	Ultimate Fit Strength	Grappling		MMA Team Training		Ultimate Fit	MMA Team Training		Ultimate Fit Strength	Grappling		MMA Team Training		Ultimate Fit	MMA Team Training		OPEN GYM		Ultimate Fit	Boxing Sparring				
8:00	Open Gym				Open Gym				Open Gym				Open Gym				Open Gym				Open Gym			