



ULTIMATE ATHLETICS

Martial Arts Fitness and Training Center

Great Northern Mall
 4155 Route 31
 Clay, NY 13041
 (315) 622-2560
 www.UAGym.com

	Monday			Tuesday			Wednesday			Thursday			Friday		Saturday	Sunday		
7:00	Closed			Closed			Closed			Closed			Closed		Closed	Closed		
8:00																		
9:00																		
10:00	Female Fit			Boxing			Female Fit			Boxing			Female Fit		Open Gym			
11:00	BJJ						Grappling						BJJ			Grappling		
12:00	Boxing			Muay Thai			Boxing			Muay Thai			Open Gym		BJJ Open Roll			
1:00	Open Gym			Open Gym			Open Gym			Open Gym					Boxing Level 2		Pin2Win Wrestling / Open Gym	
2:00																		
3:00																		
4:00																		
5:00	Kids Boxing	Combat Fitness	Grappling	Kids BJJ	Combat Fitness		Grappling	Combat Fitness	Kids Boxing	Kids BJJ	Combat Fitness	Combat Fitness		Open Gym				
6:00	Muay Thai		Kids BJJ	Grappling	Kids Boxing	Muay Thai	Boxing	Kids BJJ		BJJ	Kids Boxing	Muay Thai	Boxing	BJJ	Closed			
7:00	Boxing	BJJ		Boxing		BJJ		Muay Thai		Boxing		Grappling		Grappling			Muay Thai	
8:00	Boxing Level 2			Open Gym			Boxing Level 2			Open Gym			Open Gym					