



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		Open Gym		Female Fit		Open Gym		Female Fit		Open Gym	Open Gym	
11:00	Open Gym				Open Gym				Open Gym				
12:00					Open Gym				Open Gym		Open Gym		
1:00					Open Gym				Open Gym			Pin2Win Wrestling	Open Gym
2:00					Open Gym				Open Gym				
3:00	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym				
4:00	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		
5:00	Combat Fitness		Kids BJJ		Grappling	Combat Fit	Kids BJJ		Kids BJJ	Combat Fitness	Open Gym	Open Gym	
6:00	Muay Thai	Kids BJJ	Combat Fitness	Muay Thai	Boxing	Kids BJJ	Combat Fitness	Muay Thai	Boxing	BJJ		Closed	
7:00	Boxing	BJJ	Boxing	BJJ	BJJ	Muay Thai	Boxing	BJJ	Grappling	Muay Thai			