



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

# ULTIMATE ATHLETICS

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

*Martial Arts Fitness and Training Center*

[Open Mat during all Business Hours!](#)

[Ask about Private Lessons!](#)

	<u>Monday</u>				<u>Tuesday</u>			<u>Wednesday</u>				<u>Thursday</u>			<u>Friday</u>			<u>Saturday</u>	<u>Sunday</u>			
9:00	Ultimate Fit				Closed			Ultimate Fit				Closed			Ultimate Fit			Closed	Closed			
10:00																						
11:00																		Cardio Bag Class	Female Fit			
12:00	Ultimate Fit	Cardio Bag Class			Adult Grappling			Ultimate Fit	Cardio Bag Class		Adult Grappling			Ultimate Fit	Cardio Bag Class		Ultimate Fit	Ultimate Fit				
1:00																		Grappling	Grappling			
2:00																		Kids MMA	Kids MMA			
3:00																						
4:00	Cardio Bag Class				Kids "Fit and Focused"		Muay Thai	Cardio Bag Class				Kids "Fit and Focused"		Muay Thai	Cardio Bag Class							
5:00	Boxing Level 1	Kids BJJ Ages 5-9	Female Fit		Boxing Level 1 and 2			BJJ (Gi) Adult		Boxing Level 1 and 2	Kids BJJ Ages 5-9	Female Fit		Boxing Level 1 and 2			BJJ (Gi) Adult		Boxing Level 1	Kids Wrestling	Female Fit	
			Female Fit									Female Fit									Female Fit	
6:00	Boxing Level 2	Ultimate Fit	Muay Thai	BJJ (Gi) Adult	Grappling	Kids BJJ Ages 10-14	Cardio Bag Class	Muay Thai	Ultimate Fit	BJJ (Gi) Adult	Grappling	Kids BJJ Ages 10-14	Cardio Bag Class	Boxing Level 2	Ultimate Fit		BJJ Open Roll					
7:00	BombSquad Pro Team Training		Advanced MMA		BombSquad Pro Team Training	Muay Thai	Ultimate Fit	BombSquad Pro Team Training	Advanced MMA		BombSquad Pro Team Training	Muay Thai	Ultimate Fit	Boxing Sparring	Advanced MMA							