



ULTIMATE ATHLETICS

ADULT CLASSES

THREE RIVERS PLAZA
219 County Route 57
Phoenix, NY 13135

315-695-1391
UASyr.com

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-------------------|-------------------------------------|-------------------------------|--|-------------------|-------------------------------|-----------------------|
| 6:00 AM | | | | Grappling (No Gi) 6:00 – 7:30 AM | | | |
| 6:30 AM | BJJ (Gi) | | BJJ (Gi) | | Grappling (No Gi) | | |
| 8:30 AM | | | | | | Adult Strength & Conditioning | |
| 9:00 AM | | | | | | BJJ (Gi) | |
| 9:30 AM | Female Fit | | Female Fit | | Female Fit | | |
| 10:00 AM | | | | | | Muay Thai | |
| | | | | | | Boxing | |
| 11:00 AM | BJJ (Gi) | | BJJ (Gi) | | | | Open Mat (Gi & No Gi) |
| 5:00 PM | Grappling (No Gi) | Wrestling | | BJJ Fundamentals (Gi) | Muay Thai | | |
| 6:00 PM | Muay Thai | Grappling (No Gi) 6:00 – 7:30 PM | Adult Strength & Conditioning | BJJ (Gi) 6:00 – 7:30 PM | BJJ (Gi) | | |
| | | | Grappling (No Gi) | | | | |
| 7:00 PM | Pin2Win Wrestling | Boxing | Muay Thai | Bootcamp | | | |
| | | | Pin2Win Wrestling | | | | |

All classes are one hour in duration unless otherwise stated

Updated February 27, 2025