



Ultimate Martial Arts & Fitness

www.teamultimate.ca

Class Schedule

905-565-7326

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 am Muay Thai		10:15 am Muay Thai		10:15 am Muay Thai	10:15 am Kids Kickboxing
12:00 pm OPEN GYM		12:00 pm OPEN GYM		12:00 pm OPEN GYM	12:00 pm ADVANCED
6:00 pm Fight Fitness	6:00 pm Kids Kickboxing	6:00 pm Fight Fitness	6:00 pm Kids Kickboxing	6:00 pm Fight Fitness	
7:00 pm Kickboxing	7:00 pm ADVANCED	7:00 pm Kickboxing	7:00 pm ADVANCED	7:00 pm Kickboxing	
8:00 pm Kickboxing	8:00 pm Kickboxing	8:00 pm Muay Thai	8:00 pm Kickboxing	8:00 pm Muay Thai	

Monday - Friday: 5:30 pm - 9:30 pm

Monday, Wednesday, Friday: 10 am - 1 pm

Saturday: 10 am - 1 pm