

TORRES ULTIMATE FITNESS FACILITY

CLASS SCHEDULE

518-258-2224

TUFF Programs	Monday (Basics)	Tuesday (Basics)	Wednesday (Application)	Thursday (Application)	Friday	Saturday
Martial Arts Programs						
<i>Home School</i>		1:30 - 2:15pm		1:30 - 2:15pm		
<i>Little Dragons</i>	5:15 - 5:45pm		5:15 - 5:45pm		Family Class (Basics)	Reserved For Special Events
<i>Juniors Phase 1</i>	5:45 - 6:30pm	5:15 - 6:00pm	5:45 - 6:30pm	5:15 - 6:00pm	5:15 - 6:00pm	
<i>Juniors Phase 2 & 3</i>					(All Ranks and Ages)	
<i>Young Adults/Adults</i>	6:30 - 7:15pm	6:45 - 7:30pm	6:30 - 7:15pm	6:45 - 7:30pm	Family Class (Application)	
<i>Black Belt (Junior)</i>		6:00 - 6:45pm		6:00 - 6:45pm	6:00 - 6:45pm	
<i>Black Belt(Young Adult/Adult)</i>					(All Ranks and Ages)	
Cardio/Conditioning Program						
<i>TUFF Mountain</i>		7:30 - 8:15pm		7:30 - 8:15pm		

Little Dragons (Ages 4-6)/ Juniors(Ages 7-11)/ Young Adult (Ages 12-15)/ Adult (Ages 16 & up)

Effective 6/5/2024