

TORRES ULTIMATE FITNESS FACILITY

CLASS SCHEDULE

518-258-2224

TUFF Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Martial Arts Programs	(Basics)	(Basics)	(Application)	(Application)		
<i>Juniors</i>		5:15 - 6:00pm		5:15 - 6:00pm	Private Sessions By appointment only	Reserved For Special Events
<i>Young Adults/Adults</i>			6:00 - 6:45pm			
<i>Family (All Ranks and Ages)</i>	5:15 - 6:00pm		5:15 - 6:00pm			
<i>Black Belt / Black Belt Recommended</i>				6:00 - 6:45pm		
<i>Black Belt</i>		6:00 - 6:45pm				
<i>Masters Class (4th Dan and above)</i>	6:45 - 7:45pm					
Cardio/Conditioning Program						
<i>TUFF Conditioning</i>	6:00 - 6:45pm	6:45 - 7:30pm		6:45 - 7:30pm		

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

Effective 10/6/2025