

# TORRES ULTIMATE FITNESS FACILITY

## CLASS SCHEDULE

518-258-2224

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

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

Effective 07/01/2026