



Underground Strength Gym at YETI MMA

2507 Route 22 West, Scotch Plains, NJ 07076

908-858-5558 / info@usg-nj.com



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|------------------------------------|
| Adult Session* 6:00 - 7:00 am | Adult Session* 6:00 - 7:00 am | Adult Session* 6:00 - 7:00 am | Adult Session* 6:00 - 7:00 am | Adult Session* 6:00 - 7:00 am | Combo Session 8:00 - 9:00 am | Combo Session 10:00 - 11:00 am |
| Adult Session 9:00 - 10:00 am | Adult Session 9:00 - 10:00 am | Adult Session 9:00 - 10:00 am | Adult Session 9:00 - 10:00 am | Adult Session 9:00 - 10:00 am | Combo Session 9:00 - 10:00 am | Combo Session 11:00am - 12:00pm |
| Combo Session 4:00 - 5:00 pm | Combo Session 4:00 - 5:00 pm | Combo Session 4:00 - 5:00 pm | Combo Session 4:00 - 5:00 pm | Combo Session 4:00 - 5:00 pm | | |
| Combo Session 5:00 - 6:00 pm | Combo Session 5:00 - 6:00 pm | Combo Session 5:00 - 6:00 pm | Combo Session 5:00 - 6:00 pm | Combo Session 5:00 - 6:00 pm | | |
| Combo Session 6:00 - 7:00 pm | Combo Session 6:00 - 7:00 pm | Combo Session 6:00 - 7:00 pm | Combo Session 6:00 - 7:00 pm | Combo Session 6:00 - 7:00 pm | | |
| Combo Session 7:00 - 8:00 pm | Combo Session 7:00 - 8:00 pm | Combo Session 7:00 - 8:00 pm | Combo Session 7:00 - 8:00 pm | | | |

*6:00 am Adult Session Must Pre-Register || Combo Sessions are open to Adult, Middle School and High School Athletes