



# 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*<br>6:00 - 7:00 am | Adult Session*<br>6:00 - 7:00 am | Adult Session*<br>6:00 - 7:00 am | Adult Session*<br>6:00 - 7:00 am | Adult Session*<br>6:00 - 7:00 am |          | Combo Session<br>10:00 - 11:00 am  |
| Adult Session<br>9:00 - 10:00 am | Adult Session<br>9:00 - 10:00 am | Adult Session<br>9:00 - 10:00 am | Adult Session<br>9:00 - 10:00 am | Adult Session<br>9:00 - 10:00 am |          | Combo Session<br>11:00am - 12:00pm |
| Combo Session<br>4:00 - 5:00 pm  | Combo Session<br>4:00 - 5:00 pm  | Combo Session<br>4:00 - 5:00 pm  | Combo Session<br>4:00 - 5:00 pm  | Combo Session<br>4:00 - 5:00 pm  |          |                                    |
| Combo Session<br>5:00 - 6:00 pm  | Combo Session<br>5:00 - 6:00 pm  | Combo Session<br>5:00 - 6:00 pm  | Combo Session<br>5:00 - 6:00 pm  | Combo Session<br>5:00 - 6:00 pm  |          |                                    |
| Combo Session<br>6:00 - 7:00 pm  | Combo Session<br>6:00 - 7:00 pm  | Combo Session<br>6:00 - 7:00 pm  | Combo Session<br>6:00 - 7:00 pm  | Combo Session<br>6:00 - 7:00 pm  |          |                                    |
| Combo Session<br>7:00 - 8:00 pm  | Combo Session<br>7:00 - 8:00 pm  | Combo Session<br>7:00 - 8:00 pm  | Combo Session<br>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