



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

EFFECTIVE 9-3-18