



UTC SPECIALIZED FITNESS

Sport Conditioning & Functional Fitness Program Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
Daytime	6:00am Functional Strength & Conditioning		6:00am Functional Strength & Conditioning		6:00am Functional Strength & Conditioning	8:00am Spin & Core	
	8:15am Functional Strength & Conditioning	8:15am Metabolic BOOTCAMP	8:15am Functional Strength & Conditioning	8:15am Metabolic BOOTCAMP	8:15am Functional Strength & Conditioning	9:00am TRX	
	9:30am Functional Strength & Conditioning	9:15am Spin & Core	9:30am Functional Strength and Conditioning	9:15am Spin & Core	9:30am Functional Strength & Conditioning	10:00am Functional Strength & Conditioning	
	10:45am Yoga					11:00am Sport Strength and Conditioning (12-14 & 15-18)	
Evening		4:30pm Sport Strength and Conditioning (12-14 & 15-18)		4:30pm Sport Strength and Conditioning (12-14 & 15-18)			
	6:30pm Functional Strength & Conditioning	7:00pm Spin & Core	6:30pm Functional Strength & Conditioning	7:00pm Spin & Core	6:30pm Metabolic BOOTCAMP		
		7:30pm Functional Strength & Conditioning		7:30pm Functional Strength & Conditioning			
	7:45pm Metabolic BOOTCAMP		7:45pm Yoga				

EFFECTIVE JANUARY 21ST

UTC Specialized Fitness
 800 Mulock Drive, Newmarket, ON **905-868-9391**
 (inside the Magna Centre)
info@utcnewmarket.com www.utcnewmarket.com