



ULTIMATE FITNESS CENTER

619-576-3511

DON'T BE FOOLED BY FLASHY GYMS

TRAIN LIKE A REAL ATHLETE!!! SEE REAL RESULTS!!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS		
6:15 AM	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS		
7:15AM	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS		
8:00AM						CORE SPECIFIC EXPRESS	
8:30AM	FULL BODY FITNESS	FULL BODY FITNESS	FULL BODY FITNESS	FULL BODY FITNESS	FULL BODY FITNESS	CORE SPECIFIC BOOT CAMPS	
9:00AM							RITMO LATINO
9:30AM	CORE SPECIFIC BOOT CAMPS	ZUMBA	CORE SPECIFIC BOOT CAMPS	RITMO LATINO	ZUMBA	ZUMBA	
5:00 PM	FREE BODY FAT TESTING AND MEASUREMENTS	FREE BODY FAT TESTING AND MEASUREMENTS	FREE BODY FAT TESTING AND MEASUREMENTS	FREE BODY FAT TESTING AND MEASUREMENTS			
5:30PM	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS CARDIO KNOCKOUT	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS CARDIO KNOCKOUT			
6:00pm	CORE SPECIFIC BOOT CAMPS	CORE SPECIFIC BOOT CAMPS	CORE SPECIFIC BOOT CAMPS	CORE SPECIFIC BOOT CAMPS	ZUMBA		
7:00PM	ZUMBA	ZUMBA	ZUMBA	ZUMBA	CORE SPECIFIC BOOTCAMPS		
8:00PM	ZUMBA	FULL BODY FITNESS	ZUMBA	FULL BODY FITNESS		*CLASSES SUBJECT TO CHANGE WITHOUT NOTICE	
8:30 PM	FREE BODY FAT TESTING AND MEASUREMENTS	FREE BODY FAT TESTING AND MEASUREMENTS	FREE BODY FAT TESTING AND MEASUREMENTS	FREE BODY FAT TESTING AND MEASUREMENTS			
9:00PM	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS			
9:45PM	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS	CORE SPECIFIC EXPRESS			

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MONDAY-THURSDAY 5AM-MIDNIGHT FRIDAY 5AM-10PM SATURDAY 8AM -7PM SUNDAY 8AM-3PM

ALL GROUP TRAINING CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP