



Alliance Training Center

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 www.alliancegym.com

**Ask Us About Our New
 Referral Rewards Program!**

Monday: 6am - 10pm
Tuesday: 6am - 10pm
Wednesday: 6am - 10pm

Thursday: 6am - 10pm
Friday: 8am - 8pm
Saturday: 8:30am - 3pm
Sunday: 9am - 1pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Gym Open B.A.B.E. Bootcamp	Gym Open B.A.B.E. Bootcamp	Gym Open B.A.B.E. Bootcamp	Gym Open B.A.B.E. Bootcamp	B.A.B.E. Bootcamp		
6:30 am	Muay Thai	Boxing	Muay Thai	Boxing	Gym Open ((8:00am))		
9:00 am	TRX Conditioning Boxing	TRX Conditioning (circuit) Muay Thai	TRX Conditioning Boxing	TRX Conditioning (circuit) Muay Thai	TRX Conditioning (challenge) Boxing	Gym Open ((9:30 am)) Jr/Teens MMA (invite only)	Gym Open
10:00 am	Brazilian Jiu-Jitsu (Gi)	Submission Grappling All Levels (No-Gi)	Brazilian Jiu-Jitsu (Gi)	Submission Grappling All Levels (No-Gi)	Brazilian Jiu-Jitsu (Gi)	Boxing ((9:30 am)) Submission Grappling	
12:00 pm	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai	Muay Thai Gym Closed ((3:00 pm))	Gym Closed ((1:00 pm))
3:30 pm	Minis (ages 5-7)	Minis (ages 5-7)	Minis (ages 5-7)	Minis (ages 5-7)			
4:00 pm	Jrs. Grappling (ages 8-11) Power Fitness (circuit)	Jr. Boxing / Kickboxing (ages 8-11) TRX Conditioning (circuit)	Jrs. Grappling (ages 8-11) Power Fitness (circuit)	Jr. Boxing / Kickboxing (ages 8-11) TRX Conditioning (circuit)	Power Fitness (challenge day) Minis (ages 5-7) ((4:30pm))		
5:00 pm	Teens Grappling (ages 12-17) TRX Conditioning	Teen Boxing / Kickboxing (ages 12-17) Power Fitness (cardio)	Teens Wrestling (ages 12-17) TRX Conditioning	Teen Boxing / Kickboxing (ages 12-17) Power Fitness (strength)	Striking B.A.B.E. Bootcamp		
6:00 pm	Beginner BJJ Boxing	Wrestling Boxing	Beginner BJJ Boxing	Wrestling Boxing			
6:30 pm	Muay Thai B.A.B.E. Bootcamp	Muay Thai B.A.B.E. Bootcamp	Muay Thai B.A.B.E. Bootcamp	Muay Thai B.A.B.E. Bootcamp			
7:00 pm	Intro to Striking Brazilian Jiu-Jitsu (Gi)	Intro to Striking Submission Grappling (Advanced)	Intro to Striking Brazilian Jiu-Jitsu (Gi)	Intro to Striking Submission Grappling (Advanced)	Gym Closed ((8:00 pm))		
10:00 pm	Gym Closed	Gym Closed	Gym Closed	Gym Closed			Ask Us About Our New Referral Rewards Program!