



Alliance Training Center

1611 N Magnolia Ave Suite 303
 El Cajon, CA 92920
 (619) 258-2550
 info@alliancegym.com
 www.alliancegym.com

Monday: 9am - 9pm
Tuesday: 9am - 9pm
Wednesday: 9am - 9pm

Thursday: 9am - 9pm
Friday: 9am - 7pm
Saturday: 9am - 3pm

Sunday: Closed

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Gym Open Power Fitness	Gym Open Power Fitness	Gym Open	Gym Open Power Fitness	Gym Open Power Fitness		GYM CLOSED
9:00 AM	Power Fitness (strength) Kickboxing	TRX Brazilian Jiu-Jitsu (Gi)	TRX (Beginning) Kickboxing	TRX Brazilian Jiu-Jitsu (Gi)	Power Fitness (strength) Kickboxing	Gym Open Kids / Teens BJJ (ages 7-12) & (ages 12-17)	
10:00 AM	Power Fitness	TRX	TRX	TRX	Power Fitness		
12:30 PM		Kickboxing (12:00)		Kickboxing (12:00)		Kickboxing Brazilian Jiu-Jitsu (Gi)	
4:00 PM	Jrs Boxing / Kickboxing (ages 7-12) TRX Conditioning	Jrs Grappling (ages 7-12) TRX Conditioning	Jrs Boxing / Kickboxing (ages 7-12) TRX Conditioning	Jrs Grappling (ages 7-12) TRX Conditioning		Gym Closed ((3:00pm))	
5:00 PM					Kickboxing		
6:00 PM	Boxing Amature MMA Team (invite only) Team Training	Boxing Team Training	Boxing Amature MMA Team (invite only) Team Training	Boxing Team Training	OPENMAT		
6:30 PM	Power Fitness	Intro to Grappling TRX Conditioning	Power Fitness	Intro to Grappling TRX Conditioning			
7:00 PM	Beginner Kickboxing	Kickboxing	Beginner Kickboxing	Kickboxing	Gym Closed		
7:30 PM	Submission Grappling (No-Gi)	Brazilian Jiu-Jitsu (Gi)	Submission Grappling (No-Gi)	Brazilian Jiu-Jitsu (Gi)			
9:00 PM	Gym Closed	Gym Closed	Gym Closed	Gym Closed			