



SWITCH FITNESS

109 REA AVE
EL CAJON, CA 92020
[619]334-6871

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Boxing Sparring		
5:30 AM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning			
6:00 AM	Boxing	Boxing	Boxing	Boxing	Boxing		
7:00 AM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai Drills	
8:00 AM	Push & Single Leg	Pull + Core	HIIT Training	Double leg/Hinge + Core	HIIT Training	Muay Thai Sparring	
9:00 AM	Gi Jiu Jitsu Boxing	Gi Judo Muay Thai Drills	Gi Jiu Jitsu Boxing	Gi Judo Muay Thai Drills	Gi Jiu Jitsu Boxing	Boxing	
10:00 AM	Jiu Jitsu	Jiu Jitsu	Jiu Jitsu	Jiu Jitsu	Jiu Jitsu	Kids Boxing Yoga	
11:00 AM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Open Gym	
12:00 PM	Muay Thai Drills	Sparring	Muay Thai Drills	Sparring	Shoot Boxing		
1:00 - 4:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4:30 PM	MMA Kids Boxing	MMA Kids Fit	MMA Kids Boxing	MMA Kids Fit	MMA Kids Boxing		
5:30 PM	Muay Thai Gi Jiu Jitsu Kids Muay Thai / Teens Advanced Kids Upper Body Push	Muay Thai Gi Jiu Jitsu Kids Muay Thai / Teens Advanced Kids Leg Day	Muay Thai Gi Jiu Jitsu Kids Muay Thai / Teens Advanced Kids Rotation & Anti-Rotation	Muay Thai Gi Jiu Jitsu Kids Muay Thai/ Teens Advanced Kids Plyo / Agility	Muay Thai Gi Jiu Jitsu Kids Muay Thai/ Teens Advanced Kids Upper Body Pull		
6:30 PM	Boxing Muay Thai Drills Kids Jiu Jitsu	Boxing Muay Thai Drills Kids Jiu Jitsu Yoga	Boxing Muay Thai Drills Kids Jiu Jitsu	Boxing Muay Thai Drills Kids Jiu Jitsu Yoga	Boxing Kids Jiu Jitsu		
7:30 PM	Jiu Jitsu	Jiu Jitsu	Jiu Jitsu	Jiu Jitsu	Open Mat		

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