



SWITCH FITNESS

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 SWITCHFITSD.COM
 109 REA AVE
 EL CAJON, 92020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Sparring	
9:00 AM	Gi Jiu Jitsu Boxing	Gi Judo Boxing	Gi Jiu Jitsu Boxing	Gi Judo Boxing	Gi Jiu Jitsu Boxing	Women Jiu Jitsu Boxing	
10:00 AM	Jiu Jitsu	Jiu Jitsu	Jiu Jitsu	Jiu Jitsu	Open Mat	<u>CLOSED</u>	
11:00 AM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
<u>12:00 - 4:00 PM</u>	<u>CLOSED</u>	<u>CLOSED</u>	<u>CLOSED</u>	<u>CLOSED</u>	<u>CLOSED</u>		
4:00 PM-5:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4:30 PM	MMA Practice Kids Boxing	MMA Practice Kids Boxing	MMA Practice Kids Boxing	MMA Practice Kids Boxing	MMA Practice Kids Boxing		
5:30 PM	Muay Thai Jiu Jitsu Kids Muay Thai Strength & Conditioning	Muay Thai Jiu Jitsu Kids Muay Thai Strength & Conditioning	Muay Thai Jiu Jitsu Kids Muay Thai Strength & Conditioning	Muay Thai Jiu Jitsu Kids Muay Thai Strength & Conditioning	Muay Thai / Sparring Open Mat Kids Muay Thai Strength & Conditioning		
6:30 PM	Adult Boxing Teens Boxing Muay Thai Drills Kids Jiu Jitsu Gi Jiu Jitsu	Adult Boxing Teens Boxing Boxing Team Training Kids Jiu Jitsu Gi Judo	Adult Boxing Teens Boxing Muay Thai Drills Kids Jiu Jitsu Gi Jiu Jitsu	Adult Boxing Teens Boxing Boxing Team Training Kids Jiu Jitsu Gi Judo	Adult Boxing / Sparring Teens Boxing Muay Thai Drills Kids Jiu Jitsu Open Mat		