

MONDAY

9:00am – 10:00am

TRI **TR2**

Beginner BJJ Beginner Kickboxing

9:00am – 11:00am

WR

Strength Training

10:00am – 11:00am

TRI **TR2**

Advanced BJJ Kickboxing (All Levels)

11:00am – 12:00pm

WR

LabFit

11:00am – 3:00pm

Available for Private Training
(Single or Group by Appointment Only)

3:00pm – 5:00pm

TRI **WR**

Elite Team Training Strength Training
(Invite Only)

4:00pm – 5:00pm

TR3 **TR2**

Youth BJJ Youth Boxing
(5-8 Years) (9-12 Years)

5:00pm – 6:00pm

TR2 **TR2**

Beginner Kickboxing LabFit

TR3 **TR2**

Youth BJJ Youth Boxing
(9-12 Years) (5-8 Years)

6:00pm – 7:00pm

TRI **TR2**

Beginner BJJ Kickboxing (All Levels)

TR3

Youth Wrestling

7:00pm – 8:00pm

TR3

Yoga (All Levels)

7:00pm – 8:30pm

TRI

Advanced BJJ

TUESDAY

9:00am – 10:00am

TRI **TR2**

Beginner BJJ Beginner Kickboxing

9:00am – 11:00am

WR

Strength Training

10:00am – 11:00am

TRI **TR2**

NoGi BJJ Beginner Kickboxing

11:00am – 12:00pm

WR

LabFit

11:00am – 3:00pm

Available for Private Training
(Single or Group by Appointment Only)

3:00pm – 5:00pm

TRI

Elite Team Training
(Invite Only)

4:00pm – 5:00pm

TR2

Youth Kickboxing
(All Ages)

5:00pm – 6:00pm

TR2 **TR2**

Beginner Kickboxing LabFit

TR3 **5:15pm – 6:00pm**

Youth BJJ **TRI**
(9-12 Years) Beginner BJJ

6:00pm – 7:00pm

TR2

Boxing (All Levels)

TRI

NoGi BJJ

7:00pm – 8:00pm

TRI **TR3**

Beginner MMA BJJ Comp

TR2

LabFit (Combat)

WEDNESDAY

9:00am – 10:00am

TRI **TR2**

Beginner BJJ Beginner Kickboxing

9:00am – 11:00am

WR

Strength Training

10:00am – 11:00am

TRI **TR2**

Advanced BJJ Kickboxing (All Levels)

11:00am – 12:00pm

WR

LabFit

11:00am – 3:00pm

Available for Private Training
(Single or Group by Appointment Only)

3:00pm – 5:00pm

TRI **WR**

Elite Team Training Strength Training
(Invite Only)

4:00pm – 5:00pm

TR3 **TR2**

Youth BJJ Youth Boxing
(5-8 Years) (9-12 Years)

5:00pm – 6:00pm

TR2 **TR2**

Beginner Kickboxing LabFit

TR3 **TR2**

Youth BJJ Youth Boxing
(9-12 Years) (5-8 Years)

6:00pm – 7:00pm

TRI **TR2**

Beginner BJJ Kickboxing (All Levels)

TR3

Youth Wrestling

7:00pm – 8:00pm

TR3

Yoga (All Levels)

7:00pm – 8:30pm

TRI

Advanced BJJ

THURSDAY

9:00am – 10:00am

TRI **TR2**

Beginner BJJ Beginner Kickboxing

9:00am – 11:00am

WR

Strength Training

10:00am – 11:00am

TRI **TR2**

NoGi BJJ Beginner Kickboxing

11:00am – 12:00pm

WR

LabFit

11:00am – 3:00pm

Available for Private Training
(Single or Group by Appointment Only)

3:00pm – 5:00pm

TRI

Elite Team Training
(Invite Only)

4:00pm – 5:00pm

TR2

Youth Kickboxing
(All Ages)

5:00pm – 6:00pm

TR2 **TR2**

Beginner Kickboxing LabFit

TR3 **5:15pm – 6:00pm**

Youth BJJ **TRI**
(9-12 Years) Beginner BJJ

6:00pm – 7:00pm

TR2

Boxing (All Levels)

TRI

NoGi BJJ

7:00pm – 8:00pm

TRI **TR3**

Beginner MMA BJJ Comp

TR2

LabFit (Combat)

FRIDAY

9:00am – 10:00am

TRI **TR2**

Beginner BJJ Beginner Kickboxing

9:00am – 11:00am

WR

Strength Training

10:00am – 11:00am

TRI **TR2**

Advanced BJJ Kickboxing (All Levels)

11:00am – 12:00pm

WR

LabFit

11:00am – 3:00pm

Available for Private Training
(Single or Group by Appointment Only)

3:00pm – 5:00pm

WR

Strength Training

4:00pm – 5:00pm

TR2 **TR3**

Teen Kickboxing Youth BJJ
(13-17 Years) (All Ages)

5:00pm – 6:00pm

TR2 **TR2**

Beginner Kickboxing LabFit

TR3 **TRI**

Youth Wrestling Beginner BJJ

SATURDAY

9:00am – 10:00am

TRI **TR3**

Women's Only BJJ Youth Wrestling

10:00am – 11:00am

TRI **TR3**

BJJ (All Levels) Kickboxing Sparring

WR **TR2**

LabFit Youth Boxing

11:00am – 12:00pm

WR **TRI**

LabFit NoGi BJJ (All Levels)

TR3

Youth BJJ (All Ages)

12:00pm – 2:00pm

TRI

Elite Team Training
(Invite Only)

PRIVATE LESSONS

30 Min \$25-\$50

1 hr \$50-\$100

TRI **TR3**
Training Room 1 Training Room 3

TR2 **WR**
Training Room 2 Weight Room

The MMA Lab **Phone**
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Phoenix, AZ 85053 **Email**
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