

The MMA LAB, based in Phoenix, Arizona, is the Southwest's premier mixed martial arts training center. This state of the art facility has over 14,000 square feet of training area and four training rooms.

In addition to three fully matted rooms that can be used for grappling or striking, the MMA LAB offers a full weight and fitness area that includes cardio equipment, free weights, weight machines and plyometric equipment. LAB members also have access to men's and women's locker rooms with showers, child care, and a fully stocked retail store.

The MMA LAB employs a team of world renowned instructors with many years of training experience. The programs we offer include Kickboxing, Muay Thai, Boxing, Brazilian Jiu Jitsu, NoGi grappling, Wrestling, Mixed Martial Arts, Weight Training and Sports Conditioning.

Our goal here at the MMA LAB is to provide a warm, friendly, supportive environment where people of all skill levels and experience can feel comfortable challenging and achieving their personal goals. We are excited to welcome you to the team, and can't wait to help you get started!

ONE-TIME ENROLMENT PRICE

	STANDARD	GOLD	PLATINUM
ADULT	\$50	\$200	\$275
YOUTH	\$50	\$150	\$200

PRIVATE LESSONS

30 min \$25-\$50

1 hr \$50-\$100

 mmalab.com

 @themmalab

 facebook.com/TheMMALAB

 twitter.com/themmalab

BJJ PROGRAM

(BJJ, Wrestling, Cardio/Combat Conditioning & Strength Training)

1 Year Membership	\$135/month
6 Month Membership	\$155/month
1 Month Membership	\$175/month
Striking	+\$25/month

STRIKING PROGRAM

(Boxing, Kickboxing, Cardio/Combat Conditioning & Strength Training)

1 Year Membership	\$135/month
6 Month Membership	\$155/month
1 Month Membership	\$175/month
BJJ	+\$25/month

CARDIO PROGRAM

(Cardio/Combat Conditioning & Strength Training)

1 Year Membership	\$80/month
6 Month Membership	\$90/month
1 Month Membership	\$100/month

YOUTH PROGRAM

1 Year Membership	\$100/month
6 Month Membership	\$110/month
1 Month Membership	\$135/month

ELITE PROGRAM

(BJJ, Wrestling, Boxing, Kickboxing, Cardio/Combat Conditioning & Strength Training)

1 Year Membership	\$160/month
6 Month Membership	\$180/month
1 Month Membership	\$200/month

DROP INS/ PREPAID PUNCH CARDS

Day Pass	\$30/month
Pre-Paid (10 Classes)	\$15/class (\$150)

- 30 day cancellation notice on all memberships. Must be confirmed by email.
- Punch cards are non-transferable, non-refundable, and valid for 6 months after the first class.

THE LAB
MIXED MARTIAL ARTS

**RATES &
SCHEDULE**

2710 W BELL RD. STE 1150
PHOENIX, AZ 85053

(623) 792-8543

MONDAY

9:00am - 10:00am

TR1 TR2
Beginner BJJ Beginner Kickboxing

9:00am - 11:00am

WR
Strength Training

10:00am - 11:00am

TR1 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

TR1 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 WR
Beginner Kickboxing LabFit

TR1 TR3
Youth BJJ Youth Boxing
(9-12 Years) (5-8 Years)

6:00pm - 7:00pm

TR1 TR2
Beginner BJJ Kickboxing (Advanced)

TR3
Youth Wrestling

7:00pm - 8:00pm

TR3
Yoga (All Levels)

7:00pm - 8:30pm

TR1
Advanced BJJ

TUESDAY

9:00am - 10:00am

TR1 TR2
Beginner BJJ Beginner Kickboxing

9:00am - 11:00am

WR
Strength Training

10:00am - 11:00am

TR1 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

TR1
Elite Team Training
(Invite Only)

4:00pm - 5:00pm

TR2
Youth Kickboxing
(All Ages)

5:00pm - 6:00pm

TR2 WR
Beginner Kickboxing LabFit

TR1 5:15pm - 6:00pm
Youth BJJ TR3
(9-12 Years) Beginner BJJ

6:00pm - 7:00pm

TR2
Boxing (Advanced)

TR1
NoGi BJJ

7:00pm - 8:00pm

TR1 TR3
Beginner MMA BJJ Comp

TR2

LabFit (Combat)

WEDNESDAY

9:00am - 10:00am

TR1 TR2
Beginner BJJ Beginner Kickboxing

9:00am - 11:00am

WR
Strength Training

10:00am - 11:00am

TR1 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

TR1 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 WR
Beginner Kickboxing LabFit

TR1 TR3
Youth BJJ Youth Boxing
(9-12 Years) (5-8 Years)

6:00pm - 7:00pm

TR1 TR2
Beginner BJJ Kickboxing (Advanced)

TR3
Youth Wrestling

7:00pm - 8:00pm

TR3
Yoga (All Levels)

7:00pm - 8:30pm

TR1
Advanced BJJ

THURSDAY

9:00am - 10:00am

TR1 TR2
Beginner BJJ Beginner Kickboxing

9:00am - 11:00am

WR
Strength Training

10:00am - 11:00am

TR1 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

TR1
Elite Team Training
(Invite Only)

4:00pm - 5:00pm

TR2
Youth Kickboxing
(All Ages)

5:00pm - 6:00pm

TR2 WR
Beginner Kickboxing LabFit

TR1 5:15pm - 6:00pm
Youth BJJ TR3
(9-12 Years) Beginner BJJ

6:00pm - 7:00pm

TR2
Boxing (Advanced)

TR1
NoGi BJJ

7:00pm - 8:00pm

TR1 TR3
Beginner MMA BJJ Comp

TR2

LabFit (Combat)

FRIDAY

9:00am - 10:00am

TR1 TR2
Beginner BJJ Beginner Kickboxing

9:00am - 11:00am

WR
Strength Training

10:00am - 11:00am

TR1 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 WR
Beginner Kickboxing LabFit

TR3 TR1
Youth Wrestling BJJ Open Mat

SATURDAY

9:00am - 10:00am

TR1 TR3
Women's Only BJJ Youth Wrestling

10:00am - 11:00am

TR1 TR3
BJJ (All Levels) Kickboxing Sparring

WR TR2
LabFit Youth Boxing

11:00am - 12:00pm

WR TR1
LabFit NoGi BJJ (All Levels)

TR3
Youth BJJ (All Ages)

12:00pm - 2:00pm

TR1
Elite Team Training
(Invite Only)

SUNDAY

10:00am - 11:30am

TR1
Open Mat

No Kids Corner

PRIVATE LESSONS

30 Min \$25-\$50

1 hr \$50-\$100

TR1 TR3
Training Room 1 Training Room 3

TR2 WR
Training Room 2 Weight Room

The MMA Lab Phone
2710 W Bell Rd. Ste 1150 (623) 792-8543
Phoenix, AZ 85053 Email
info@mmlab.com

