

SCHEDULE

Please pre register for class on [Zen Planner](#) or through [The MMA LAB website](#).

MONDAY THRU FRIDAY—AM

9-10 **BJJ** (All Levels) Room 1
915-1015 **Kickboxing** (All Levels) Room 2
1015-1115 **BJJ** (All Levels) Room 1
1030-1130 **Kickboxing** (All Levels) Room 2
1130-1230 **LabFit**

MONDAY & WEDNESDAY—PM

4-445 **Youth Boxing** (9-12 yrs) Room 2
4-445 **Youth BJJ** (5-8yrs) Room 3
5-6 **Kickboxing** (All Levels) Room 2
515-615 **LabFit**
5-545 **Youth BJJ** (9-12yrs) Room 1
5-545 **Youth Boxing** (5-8yrs) Room 3
6-7 **BJJ** (All Levels) Room 1
615-715 **Kickboxing** (All Levels) Room 2
615-715 **Youth Wrestling** Room 3
715-815 **BJJ** (All Levels) Room 1
730-830 **Yoga**

TUESDAY & THURSDAY—PM

4-445 **Youth Kickboxing** (All Ages) Room 2
5-545 **Youth BJJ** (9-12yrs) Room 3
5-6 **Kickboxing** (All Levels) Room 2
515-6 **Beginners BJJ** Room 1
515-615 **LabFit**
615-715 **Kickboxing** (All Levels) Room 2
615-715 **No Gi BJJ** (All Levels) Room 1
730-830 **MMA** (All Levels)

FRIDAY—PM

4-445 **Youth Kickboxing** (13-17yrs) Room 2
4-445 **Youth BJJ** (All Ages) Room 3
5-6 **BJJ** (All Levels) Room 1
515-615 **LabFit**
515-615 **Kickboxing** (All Levels) Room 2
530-630 **Youth Wrestling**

SATURDAY

9-945 **Youth Wrestling** (All Ages) Room 3
10-1045 **Youth Boxing** (All Ages) Room 2
10-11 **BJJ** (All Levels) Room 1
11-12 **Kickboxing Sparring** (All Levels) Room 3
1115-1215 **No Gi BJJ** (All Levels) Room 1

