

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
Kickboxing (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
Kickboxing (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 **TR2** **TR3**
Women's Youth
Only BJJ Yoga Wrestling

10:00am - 11:00am

TR1 **TR3**
BJJ (All Levels) Kickboxing Sparring

WR

LabFit

TR2

Youth Boxing

11:00am - 12:00pm

WR **TR1**
LabFit NoGi BJJ (All Levels)

TR2 **TR3**

Kickboxing Sparring Youth BJJ (All Ages)

12:00pm - 2:00pm

TR1

Elite Team Training
(Invite Only)

SUNDAY

10:00am - 11:30am

TR1

Open Mat (Members Only)

No Kids Corner

PRIVATE LESSONS

30 Min

\$25-\$50

1 hr

\$50-\$100

TR1
Training Room 1

TR3
Training Room 3

TR2
Training Room 2

WR
Weight Room

The MMA Lab
2710 W Bell Rd. Ste 1150
Phoenix, AZ 85053

Phone
(623) 792-8543
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info@mmlab.com

