

MONDAY

9:00am – 10:00am

TR1 TR2
All Levels BJJ Kickboxing

9:00am – 11:00am

WR
Strength Training

10:00am – 11:00am

TR1 TR2
All Levels BJJ 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 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

TR1 Cage TR2
Youth BJJ Womens Kickboxing
(9-12 Years) BJJ

TR3 WR

Youth Boxing LabFit
(5-8 Years)

6:00pm – 7:00pm

TR1 TR2
All Levels BJJ Kickboxing

TR3
Youth Wrestling

7:15pm – 8:15pm

TR1 TR2
Adv/Comp BJJ Fundamentals BJJ

TR3
Yoga

TUESDAY

9:00am – 10:00am

TR1 TR2
All Levels BJJ Kickboxing

9:00am – 11:00am

WR
Strength Training

10:00am – 11:00am

TR1 TR2
No Gi BJJ Kickboxing

1:00am – 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
Kickboxing LabFit

TR3 5:15pm – 6:00pm

Youth BJJ TR1
(9-12 Years) Fundamentals BJJ

6:00pm – 7:00pm

TR1
No Gi BJJ

TR2
Kickboxing

7:00pm – 8:00pm

TR1 TR2
BJJ Open Mat LabFit (Combat)

TR3
MMA

WEDNESDAY

9:00am – 10:00am

TR1 TR2
All Levels BJJ Kickboxing

9:00am – 11:00am

WR
Strength Training

10:00am – 11:00am

TR1 TR2
All Levels BJJ 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 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

TR1 Cage TR2
Youth BJJ Womens Kickboxing
(9-12 Years) BJJ

TR3 WR

Youth Boxing LabFit
(5-8 Years)

6:00pm – 7:00pm

TR1 TR2
All Levels BJJ Kickboxing

TR3
Youth Wrestling

7:15pm – 8:15pm

TR1 TR2
Adv/Comp BJJ Fundamentals BJJ

TR3
Yoga

THURSDAY

9:00am-10:00am

TR1 TR2
All Levels BJJ Kickboxing

9:00am – 11:00am

WR
Strength Training

10:00am – 11:00am

TR1 TR2
No Gi BJJ 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
Kickboxing LabFit

TR3 5:15pm – 6:00pm

Youth BJJ TR1
(9-12 Years) Fundamentals BJJ

6:00pm – 7:00pm

TR1
No Gi BJJ

TR2
Kickboxing

7:00pm – 8:00pm

TR1 TR2
BJJ Open Mat LabFit (Combat)

TR3
MMA

FRIDAY

9:00am – 10:00am

TR1 TR2
All Levels BJJ Kickboxing

9:00am – 11:00am

WR
Strength Training

10:00am – 11:00am

TR1 TR2
All Levels BJJ 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

WR
Strength Training

4:00pm – 5:00pm

TR2 TR3
Teen Kickboxing Youth BJJ
(13-17 Years) (All Ages)

5:00pm – 6:00pm

TR1 TR2
BJJ Open Mat Kickboxing

TR3 WR

Youth Wrestling LabFit

SATURDAY

9:00am-10:00am

TR3 TR2
Yoga Youth Boxing

10:00am – 11:00am

TR1 TR2
All Levels BJJ Kickboxing Sparring

TR3 WR

Youth Wrestling LabFit

11:00am – 12:00pm

TR1 TR2
No Gi BJJ Kickboxing Sparring

TR3 WR

Youth BJJ LabFit

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 Road (623) 792-8543
Unit 1150 Email
Phoenix AZ, 85053 info@mmlab.com

