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# FULL PROGRAM MEMBERSHIP

Unlimited Grappling Classes  
Unlimited Striking Classes  
Unlimited Group Classes  
Unlimited Gym Access

## One Year Paid in Full

No Enrollment / \$1,400 Per Year

## 24 Month Contract

\$95 Enrollment / \$105 Per Month

## 12 Month Contract

\$95 Enrollment / \$115 Per Month

## Month to Month

\$195 Enrollment / \$125 Per Month

Student/Government Discount

\$10 Off Monthly or \$100 Off Year Paid in Full

New Memberships Include Hand Wraps and Boxing Gloves  
or \$50 Credit Towards Jiu Jitsu Gi

*"This is a life changing gym that has a family atmosphere with wonderful staff and people that know what they are doing! The owner and everyone on his staff are people who truly value what they do and have a passion for the people they serve." – Jansen A.*

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### BOXING

Our boxing workouts provide great cardio and strength training with jumping rope, bag work, medicine ball drills, and abdominal exercises. We teach classical boxing skills and training techniques, focused on footwork, combinations, timing, and conditioning.

### KICKBOXING

Our kickboxing training involves high-intensity body weight and plyometric exercises, designed for improved conditioning, explosiveness, agility, and flexibility. Instruction focuses on combos of punches, kicks, knees, and elbows.

### GI JIU JITSU

Led by 2nd Degree Brazilian Jiu Jitsu Black Belt, David Reilly, our gi jiu jitsu instruction is second to none. We firmly believe in perfect technique at Undisputed, and all of our classes provide a physical fitness foundation with great technical instruction.

### NO-GI JIU JITSU

From beginners to professional fighters and competitors, our no-gi jiu jitsu instruction welcomes students of all skill-levels to grow in their training. At Undisputed, we emphasize drilling for technique, matched with open rolling to put the techniques into practice.

### YOUTH JIU JITSU

Designed to make sure every kid in our program has fun and is comfortable while learning the discipline of the art. We teach the foundation and basics of jiu jitsu, and as they progress, our youth learn how to be competitive and start developing their own skill set.

### U1 FIT

U1 Fit is Undisputed Fitness' very own unique group fitness class. We have taken the best parts of several exercise systems such as Barbell, Kettlebell, HIIT, TRX, and Bootcamp style classes to create the most well rounded full body exercise class possible.

### MMA FIT

Designed for members of all ages and skill levels showing the Basic Fundamentals of the sport of MMA. A combination of Cardio, Strength Training, and basic drills to simulate an MMA match.

### PERSONAL TRAINING

We have trainers who work with clients of all ages, shapes and sizes. We tailor each workout depending on an individual's needs and goals and offer flexible scheduling all throughout the week.

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# UNDISPUTED

FITNESS & TRAINING CENTER

**Boxing**

**Kickboxing**

**Brazilian Jiu Jitsu**

**Weight and Cardio Equipment**

**Women's Only Classes**

**Fitness Bootcamps**

**Personal Training**

**Youth Classes**

**Mixed Martial Arts**

[www.undisputedaz.com](http://www.undisputedaz.com)

[info@undisputedaz.com](mailto:info@undisputedaz.com)

520-882-8788

1240 N Stone Ave

Tucson, AZ 85705

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	WRESTLING 8:00 - 9:00 AM	U1 STRENGTH 8:00 - 9:00 AM	WRESTLING 8:00 - 9:00 AM			
BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM		JIU JITSU OPEN MAT 10:00 AM - 12:00 PM
MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	
GI JIU JITSU 11:00 - 12:00 PM	GI JIU JITSU 11:00 - 12:00 PM	NO-GI JIU JITSU 11:00 - 12:00 PM	GI JIU JITSU 11:00 - 12:00 PM	GI JIU JITSU 11:00 - 12:00 PM	NO-GI JIU JITSU 11:00 AM - 12:00 PM	
					BOXING 12:00 - 1:00 PM	
					BJJ COMP CLASS 12:15 - 1:45 PM	
				JIU JITSU OPEN MAT 4:00 - 6:00 PM		
MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM	MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM	MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM	MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM	MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM		
U1 STRENGTH 5:00 - 6:00 PM		Yoga Flow 5:00 - 6:00 PM		U1 STRENGTH 5:00 - 6:00 PM		
BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM		
U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	<b>HOURS</b> M-F: 6 AM - 12 PM, 2 PM - 9 PM SAT: 9 AM - 1 PM SUN: 10 AM - 2 PM	
NO-GI JIU JITSU 6:00 - 7:00 PM	NO-GI JIU JITSU 6:00 - 7:00 PM	GI JIU JITSU 6:00 - 7:00 PM	NO-GI JIU JITSU 6:00 - 7:00 PM	WOMEN'S JIU JITSU 6:00 - 7:00 PM		
KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM		
GI JIU JITSU 7:15 - 8:15 PM	GI JIU JITSU 7:15 - 8:15 PM	NO-GI JIU JITSU 7:15 - 8:15 PM	GI JIU JITSU 7:15 - 8:15 PM			