
YOUTH MEMBERSHIPS

KINDER JIU JITSU (3-5 YRS)

One Year Paid in Full

No Enrollment / \$499 Per Year

Month to Month

\$125 Enrollment / \$45 Per Month

YOUTH FULL PROGRAM (6-14 YRS)

One Year Paid in Full

No Enrollment / \$1,250 Per Year

12 Month Contract

\$125 Enrollment / \$105 Per Month

6 Month Contract

\$150 Enrollment / \$115 Per Month

Month to Month

\$195 Enrollment / \$125 Per Month

New Youth & Kinder Jiu Jitsu Memberships Include a Jiu jitsu Gi

YOUTH STRIKING (6-16 YRS)

Unlimited Youth Striking Classes

Unlimited Gym Access

One Year Paid in Full

No Enrollment / \$950 Per Year

24 Month Contract

\$95 Enrollment / \$65 Per Month

12 Month Contract

\$95 Enrollment / \$75 Per Month

Month to Month

\$195 Enrollment / \$85 Per Month

New Striking Memberships Include Hand Wraps and Boxing Gloves

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.

YOUTH BOXING

Our youth boxing classes take the success of our adult boxing program and makes the conditioning and combos accessible for kids of all ages and development in a safe and fun learning environment.

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.

MUAY THAI

Our Muay Thai instruction focuses on the proper technique of punches, kicks, knees, and elbow, involving combo work with a partner. The training also incorporates high-intensity body weight and plyometric exercises, designed for improved conditioning, explosiveness, agility, and flexibility.

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.

UNDISPUTED

FITNESS & TRAINING CENTER

Boxing

Kickboxing

Brazilian Jiu Jitsu

Weight and Cardio Equipment

Women's Only Classes

Group Fitness

Personal Training

Youth Classes

Muay Thai

www.undisputedaz.com
membership@undisputedaz.com

520-882-8788

1240 N Stone Ave

Tucson, AZ 85705

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					YOUTH BOXING 9:00 - 10:00 AM	
					KINDER JIU JITSU 9:00 - 9:45 AM	
					YOUTH GI JIU JITSU 10:00 - 11:00 AM	
YOUTH BOXING 4:30 - 5:30 PM	YOUTH BOXING 4:30 - 5:30 PM	YOUTH BOXING 4:30 - 5:30 PM	YOUTH BOXING 4:30 - 5:30 PM	YOUTH MUAY THAI 4:30 - 5:30 PM		
YOUTH GI JIU JITSU 4:30 - 5:30 PM	YOUTH GI JIU JITSU 4:30 - 5:30 PM	YOUTH GI JIU JITSU 4:30 - 5:30 PM	YOUTH NO-GI JIU JITSU 4:30 - 5:30 PM			
					HOURS	
					M-F: 6 AM - 9 PM	
					SAT: 9 AM - 1 PM	
					SUN: 10 AM - 2 PM	