



WARRIOR'S GYM HALL OF THE BERSERKER

**CLASSES FROM
AGES 3+**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**10:30-11:30AM
MUAY THAI & K1
ALL LEVELS
ADULT - AGE 13+**

**10:30-11:30AM
MUAY THAI & K1
ALL LEVELS
ADULT - AGE 13+**

**8:30-9:15AM
BOOTCAMP
ALL LEVELS
ADULT - AGE 13+**

ALL DAY - PTs & PRIVATE GROUP SESSIONS

**5:00-6:00PM
TANG SOO DO
ALL GRADES
FAMILY CLASS - AGE 6+**

**4:30-5:15PM
KIDS MUAY THAI
& KICKBOXING
AGE 5-7 | AGE 8-12**

**4:30-5:00PM
MINI BERSERKERS
PROGRAM
AGE 3-5**

**4:30-5:15PM
KIDS MUAY THAI
& KICKBOXING
AGE 5-7 | AGE 8-12**

**4:30-5:00PM
MINI BERSERKERS
PROGRAM
AGE 3-5**

**9:15-10:15AM
MUAY THAI & K1
ALL LEVELS
FAMILY CLASS - AGE 5+**

**5:30-7:00PM
MUAY THAI & K1
ALL LEVELS
ADULT - AGE 13+**

**5:15-6:00PM
KIDS MUAY THAI
& KICKBOXING
AGE 5-7 | AGE 8-12**

**5:30-6:30PM
TANG SOO DO
ALL GRADES
FAMILY CLASS - AGE 6+**

**5:15-6:00PM
KIDS MMA
ALL LEVELS
AGE 5-7 | AGE 8-12**

**10:15-11:15AM
TANG SOO DO
ALL GRADES
FAMILY CLASS - AGE 6+**

**WEIGHT LOSS &
TRANSFORMATION**

**PROJECT
VALKYRIE**

+

**BERSERKER
PROGRAM**

+ MORE SESSIONS

TAI CHI

MACE CLUB

**7:00-7:30PM
SPARRING
ALL LEVELS
ADULT - AGE 13+**

**6:00-7:00PM
MUAY THAI & K1
ALL LEVELS
ADULT - AGE 13+**

**6:45-8:00PM
MUAY THAI & K1
ALL LEVELS
ADULT - AGE 13+**

**6:00-7:00PM
MMA
ALL LEVELS
ADULT - AGE 13+**

**7:00-7:30PM
SPARRING
ALL LEVELS
ADULT - AGE 13+**

**GET IN TOUCH TO
BOOK A TASTER CLASS**

**ROSS ROAD, STOCKTON-ON-TEES, TS18 2NH
WWW.WARRIORSGYM-UK.COM**

f @WARRIORSGYMUk