



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

TEENS & ADULTS - AGE 13+

10:30-11:30AM

MUAY THAI & K1

ALL LEVELS

TEENS & ADULTS - AGE 13+

8:30-9:15AM

BOOTCAMP

ALL LEVELS

TEENS & ADULTS - AGE 13+

ALL DAY - PTs & PRIVATE GROUP SESSIONS

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

9:15-10:15AM

MUAY THAI & K1

ALL LEVELS

FAMILY CLASS - AGE 5+

**WEIGHT LOSS &
TRANSFORMATION**

**PROJECT
VALKYRIE**

+

**BERSERKER
PROGRAM**

+ MORE SESSIONS

**TAI CHI
MACE CLUB**

5:30-7:00PM

MUAY THAI & K1

ALL LEVELS

TEENS & ADULTS - AGE 13+

5:15-6:00PM

MUAY THAI & K1

ALL LEVELS

FAMILY CLASS - AGE 5+

4:30-5:15PM

KIDS FIGHTERS

INVITE ONLY

AGE 5-7 | AGE 8-12

**M
A
T
2**

7:00-8:00PM

FIGHT TEAM

INVITE ONLY

TEENS & ADULTS - AGE 13+

6:00-7:00PM

MUAY THAI & K1

ALL LEVELS

TEENS & ADULTS - AGE 13+

5:30-6:30PM

TANG SOO DO

ALL GRADES

FAMILY CLASS - AGES 6+

7:00-8:00PM

SPARRING

ALL LEVELS

TEENS & ADULTS - AGE 13+

**M
A
T
2**

7:00-8:00PM

BOXING

ALL LEVELS

TEENS & ADULTS - AGE 13+

6:45-8:00PM

MUAY THAI & K1

ALL LEVELS

TEENS & ADULTS - AGE 13+

**NOW ENROLLING NEW
STUDENTS**

MINIS - Ages 3 to 5

KIDS - Ages 5 to 12

TEENS - Ages 13 to 17

ADULTS - 18 to 80+

NO EXPERIENCE NEEDED -

ALL LEVELS WELCOME

TASTER CLASSES AVAILABLE - VISIT OUR WEBSITE FOR MORE DETAILS

ROSS ROAD, STOCKTON-ON-TEES, TS18 2NH

WWW.WARRIORSGYM-UK.COM

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