



# 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**

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+

**WEIGHT LOSS &  
TRANSFORMATION**

**PROJECT  
VALKYRIE**

**+**

**BERSERKER  
PROGRAM**

**+ MORE SESSIONS**

**TAI CHI  
MACE CLUB**

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

4:30-5:15PM

**KIDS FIGHTERS  
INVITE ONLY**

AGE 5-7 | AGE 8-12

M  
A  
T  
2

5:15-6:00PM

**KIDS MUAY THAI  
& K1 BEGINNERS**

AGE 5-7 | AGE 8-12

7:00-8:00PM

**FIGHT TEAM**

INVITE ONLY

ADULT - AGE 13+

5:15-6:00PM

**TANG SOO DO**

ALL GRADES

FAMILY CLASS - AGES 6+

M  
A  
T  
2

5:30-6:30PM

**TANG SOO DO**

ALL GRADES

FAMILY CLASS - AGES 6+

6:00-7:00PM

**MUAY THAI & K1  
BEGINNERS**

ADULT - AGE 13+

7:00-8:00PM

**SPARRING**

ALL LEVELS

ADULT - AGE 13+

M  
A  
T  
2

6:00-7:00PM

**MUAY THAI & K1**

ALL LEVELS

ADULT - AGE 13+

6:45-8:00PM

**MUAY THAI & K1**

ALL LEVELS

ADULT - AGE 13+

7:00-8:00PM

**SPARRING**

ALL LEVELS

ADULT - AGE 13+

**TASTER CLASSES AVAILABLE - VISIT OUR WEBSITE FOR MORE DETAILS**

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

**WWW.WARRIORSGYM-UK.COM**

**f @WARRIORSGYMUk**