



WARRIOR'S GYM

MUAY THAI & MIXED MARTIAL ARTS

**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

5:00-5:45PM
KIDS MUAY THAI
AGE 5-7 | AGE 8-12
KIDS NO-GI BJJ
AGES 7 - 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
KIDS MUAY THAI & KICKBOXING
AGE 5-7 | AGE 8-12

5:45-6:45PM
NO-GI BJJ
ALL LEVELS
TEENS & ADULTS - AGE 13+

7:00-7:30PM
SPARRING
ALL LEVELS
TEENS & ADULTS - AGE 13+

6:00-7:00PM
MUAY THAI & K1
ALL LEVELS
TEENS & ADULTS - AGE 13+

6:00-6:45PM
BOOTCAMP
TEENS & ADULTS - AGE 13+

MAT 2

7:00-8:00PM
FIGHT TEAM
INVITE ONLY
TEENS & ADULTS - AGE 13+

MAT 2

7:00-8:00PM
NO-GI BJJ
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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