



WARRIOR'S GYM

MUAY THAI & MIXED MARTIAL ARTS

WWW.WARRIORSEYM-UK.COM

CLASS TIMETABLE

TUESDAY

10:30-11:30AM
**MUAY THAI & KI
KICKBOXING**
TEENS & ADULTS - AGE 13+

WEDNESDAY

10:30-11:30AM
MMA
TEENS & ADULTS - AGE 13+

THURSDAY

10:30-11:30AM
**MUAY THAI & KI
KICKBOXING**
TEENS & ADULTS - AGE 13+

FRIDAY

SATURDAY

8:30-9:15AM
**WARRIOR
BOOTCAMP***
TEENS & ADULTS - AGE 13+
*NOT INCLUDED IN MEMBERSHIPS

ALL DAY - PTs & PRIVATE GROUP SESSIONS

4:30-5:15PM
**KIDS MUAY THAI
& MMA**
AGES 5 - 12

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

5:00-5:45PM
**KIDS MUAY THAI
& MMA**
AGES 5 - 12

**BOOK YOUR
TASTER CLASS
BELOW!**

9:15-10:15AM
**MUAY THAI & KI
KICKBOXING**
FAMILY CLASS - AGES 5+

5:30-7:00PM
**MUAY THAI & KI
KICKBOXING**
TEENS & ADULTS - AGE 13+

5:15-6:00PM
**KIDS MUAY THAI
& MMA**
AGES 5 - 12

5:00-6:00PM
**KIDS BRAZILIAN
JIU JITSU (GI)**
AGES 7 - 12

M
A
T
2

SCAN FOR AVAILABILITY



TO BOOK YOUR SPACE

**SCAN ME TO
GET STARTED
NOW!**

10:15-11:15AM
**MUAY THAI & KI
SPARRING**
TEENS & ADULTS - AGE 13+

6:00-7:00PM
**KIDS BRAZILIAN
JIU JITSU (GI)**
AGES 7 - 12

M
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6:00-7:00PM
**MUAY THAI & KI
KICKBOXING**
TEENS & ADULTS - AGE 13+

6:00-7:00PM
**BRAZILIAN JIU
JITSU (GI)**
TEENS & ADULTS - AGE 13+

M
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10:15-11:15AM
**MMA
SPARRING**
TEENS & ADULTS - AGE 13+

7:00-8:00PM
**MUAY THAI & KI
SPARRING**
TEENS & ADULTS - AGE 13+

6:00-7:00PM
**BRAZILIAN
JIU JITSU (NO-GI)**
TEENS & ADULTS - AGE 13+

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7:00-8:00PM
MMA
TEENS & ADULTS - AGE 13+

10:15-11:15AM
**BRAZILIAN JIU
JITSU OPEN MAT**
TEENS & ADULTS - AGE 13+

M
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2

7:00-8:00PM
**BRAZILIAN JIU
JITSU (GI)**
TEENS & ADULTS - AGE 13+

M
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7:00-8:00PM
MMA
TEENS & ADULTS - AGE 13+

7:00-8:00PM
**OPEN MAT
TRAINING**
TEENS & ADULTS - AGE 13+

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FIGHT TEAM TRAINING
INVITE ONLY

+ MORE CLASSES COMING SOON



FOLLOW US ON SOCIALS
@WARRIORSEYMUK

**NEW STUDENT
SPACES AVAILABLE**

MINIS - AGES 3 to 5

KIDS - AGES 5 to 12

TEENS - AGES 13 to 17

ADULTS - AGES 18 to 80+

**NO EXPERIENCE NEEDED
ALL LEVELS WELCOME**

BOOK YOUR TASTER CLASS ON OUR WEBSITE TODAY

WARRIOR'S GYM, PORTRACK LANE, STOCKTON ON TEES, TS18 2NH