

THE WAREHOUSE

TRAINING SCHEDULE



SUNDAY

- 10:00 | MUAY THAI | ADULT LADIES (16+)
- 11:45 | BOXING | ADULT MEN (16+)
- 14:00 | OPEN MAT MMA | ADULT MEN (16+)

"Soulful Sundays" will take place monthly - join us for breathing workshops, sound baths, meditation & more!

TUESDAY

- 17.05 | BOXING | GIRLS 12-15
- 17:05 | BOXING | GIRLS 8-11
- 18.15 | BOXING | KIDS 6-7
- 18.15 | BJJ | BOYS 8-11
- 19.00 | BOXING | ADULT LADIES (16+)
- 20.30 | BOXING | ADULT MEN (16+) BEG.
- 20.30 | BOXING | ADULT MEN (16+) ADV.

THURSDAY

- 09.15 | MUAY THAI | ADULT LADIES (16+)
- 18.15 | MUAY THAI BOYS 8-11
- 19.15 | MUAY THAI | BOYS 12-15
- 20.00 | BOXING | BOYS 12-15 ADV.
- 20.00 | BJJ | ADULT MEN (16+)
- 20.45 | BOXING WITH SPARRING | ADULT MEN (16+)

MONDAY

- 16.30 | MUAY THAI | KIDS 6-7
- 19:00 | MUAY THAI | GIRLS 12-15
- 19:45 | MUAY THAI | ADULT LADIES (16+) ADV.
- 19:45 | MUAY THAI | ADULT LADIES (16+) BEG.
- 20.30 | MUAY THAI | ADULT LADIES (16+) ADV.
- 20.30 | MUAY THAI | ADULT LADIES (16+) BEG.

WEDNESDAY

- 09.15 | BOXING | ADULT LADIES (16+)
- 16.10 | BJJ | BOYS 12-15
- 17.00 | MUAY THAI | GIRLS 8-11
- 17.45 | BOXING | BOYS 8-11
- 20.30 | MUAY THAI | ADULT MEN (16+)
- 20.30 | BOXING | BOYS 12-15 BEG.
- 20.30 | BOXING | BOYS 12-15 ADV.

FRIDAY

- 08.00 | MMA | ADULT MEN (16+)

WHATSAPP
0204-599-8309

EMAIL
INFO@THEWAREHOUSE-WELLNESS.CO.UK

LOCATION
4 BRAMPTON GROVE, NW4 9HG

BJJ
MMA
"COMBO"
INTRO TO SPARRING

BRAZILIAN JIU-JITSU
MIXED-MARTIAL ARTS
BOXING FOLLOWED BY A 15-MIN MENTAL WELLBEING SESSION WITH A FREE REFRESHMENT FROM THE JUICE BAR!
BY INVITE ONLY SESSION FOR ADVANCED MUAY THAI AND BOXING STUDENTS

**FREE TRIALS
AVAILABLE**

WhatsApp us at 02045998309