

KINGDOM MUAY THAI

2025 RICHMOND HILL SCHEDULE

MONDAY

7:30AM to 8:30AM
Mixed Levels Muay Thai
(CALL TO INQUIRE)

12:00PM to 1:00PM
Mixed Levels Muay Thai
PC Kru Hamed

1:30PM to 2:30PM
Yoga
(COMING SOON)

5:15PM to 6:00PM
Kids Muay Thai (4-10yrs)
PC Kru Hamed

6:15PM to 7:15PM
Youth Muay Thai (11-16yrs)
Kru Arash/PC Kru Hamed

7:30PM to 9:00PM
All Levels Muay Thai
Kru Arash

8:00PM to 9:00PM
Sparring (Fight Team Only)

TUESDAY

7:30 to 8:30
Mixed Levels Muay Thai
(COMING SOON)

12:00PM to 1:00PM
Mixed Levels Muay Thai
PC Kru Hamed

1:30PM to 2:30PM
Breath work & Meditation
(COMING SOON)

5:30PM to 6:15PM
Strength & Conditioning
Coach Ako

6:30PM to 7:30PM
Krav Maga
Kru Arash/Coach Tiana

6:30PM to 7:30PM
Boxing
Coach Saeed

7:30PM to 8:30PM
Muay Thai Foundations
Kru Arash/Coach Amira

7:30PM to 8:30PM
Competition Team Training
Kru Arash

WEDNESDAY

7:30 to 8:30
Mixed Levels Muay Thai
(CALL TO INQUIRE)

12:00PM to 1:00PM
Mixed Levels Muay Thai
PC Kru Hamed

1:30PM to 2:30PM
Yoga
(COMING SOON)

5:15PM to 6:00PM
Kids Muay Thai (4-10yrs)
PC Kru Hamed

6:15PM to 7:15PM
Youth Muay Thai (11-16yrs)
Kru Arash/PC Kru Hamed

7:30PM to 9:00PM
All Levels Muay Thai
Kru Arash

THURSDAY

7:30 to 8:30
Mixed Levels Muay Thai
(COMING SOON)

12:00PM to 1:00PM
Mixed Levels Muay Thai
PC Kru Hamed

1:30PM to 2:30PM
Breath work & Meditation
(COMING SOON)

5:30PM to 6:15PM
Strength & Conditioning
PC Kru Vince/Coach Ako

6:30PM to 7:30PM
Krav Maga
Kru Arash/PC Kru Nima

6:30PM to 7:30PM
Boxing
Coach Saeed

7:30PM to 8:30PM
Muay Thai Foundations
PC Kru Nima

7:30PM to 8:30PM
Competition Team Training
Kru Arash/PC Kru Vince

FRIDAY

7:30 to 8:30
OPEN MATT
(CALL TO INQUIRE)

5:15PM to 6:00PM
Kids Muay Thai (4-10yrs)
PC Kru Hamed

6:15PM to 7:15PM
Youth Muay Thai (11-16yrs)
PC Kru Hamed

7:30PM to 9:00PM
Open Mat & Sparring
Open To Public
\$5.00 Drop in

SATURDAY

10:00AM to 11:00AM
Kids Muay Thai (4-10yrs)
Kru Arash/PC Kru Hamed

11:00AM TO 12:00PM
Strength & Conditioning
Kru Arash/PC Kru Vince

12:00PM to 2:00PM
OPEN GYM



KINGDOM MUAY THAI

2025 KING CITY SCHEDULE

TUESDAY

KIDS MUAY THAI
4-10 Years OLD
5:30PM to 6:15PM
PC KRU HAMED

ALL LEVELS MUAY THAI
6:30PM to 8:00PM
PC KRU HAMED

THURSDAY

KIDS MUAY THAI
4-10 Years OLD
5:30-6:15
PC KRU HAMED

ALL LEVELS MUAY THAI
6:30PM to 8:00PM
PC KRU VINCE

