

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
PC Kru Vince

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

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

7:30PM to 8:30PM
Muay Thai Foundations
Kru Arash

7:30PM to 9:00PM
Competition Team Training

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
Kru Arash

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 9:00PM
Competition Team Training

FRIDAY

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

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

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
Open Mat
\$5.00 Drop In

12:00PM to 1:00PM
Strength & Conditioning
Kru Arash/PC Kru Vince

1:00PM to 3:00PM
Sparring
Open to Public
\$5.00 Drop in