

# KINGDOM MUAY THAI

## 2025 RICHMOND HILL SCHEDULE

### MONDAY

9:30AM to 10:30AM  
YOGA

10:30AM to 11:30AM  
POWER PILATES  
Instructor: Delaram

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)  
Kru Arash/PC Kru Hamed

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

### TUESDAY

9:30AM to 10:30AM  
YOGA

10:30AM to 11:30AM  
POWER PILATES  
Instructor: Delaram

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

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  
Muay Thai Foundations  
Coach Andy

7:30PM to 8:45PM  
Advanced Muay Thai  
Kru Arash

### WEDNESDAY

9:30AM to 10:30AM  
YOGA

10:30AM to 11:30AM  
POWER PILATES  
Instructor: Delaram

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 Nima

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

### THURSDAY

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

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

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

6:30PM to 7:30PM  
Muay Thai Foundations  
Coach Trevor

7:30PM to 8:45PM  
Advanced Muay Thai  
Kru Arash

### FRIDAY

12:00PM to 1:00PM  
FITNESS BOXING  
COACH SAEED

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  
DROP IN WELCOME

### SATURDAY

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

11:00AM to 12:00PM  
ALL LEVELS MUAY THAI  
PC KRU HAMED

12:00AM TO 1:00PM  
Strength & Conditioning  
PC Kru Vince

### SUNDAY

10:00AM to 11:00AM  
YOGA

11:00AM to 12:00PM  
POWER PILATES  
Instructor: Delaram

12:00PM to 1:00PM  
FUSION FITNESS  
COACH FOROGH



# 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

