

KINGDOM MUAY THAI RICHMOND HILL SCHEDULE

MONDAY

1:30PM to 2:30PM
All Levels Muay Thai

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

6:00PM to 7:00PM
Youth Muay Thai (11-16yrs)
PC Kru Hamed

7:00PM to 8:30PM
All Levels Muay Thai
Tech Work & Pads
(Full Gear Required)
KRU ARASH

TUESDAY

1:30PM to 2:30PM
All Levels Muay Thai

6:00PM to 7:00PM
All Levels BJJ
COACH JAY NICEVESKI

7:00PM to 8:00PM
All Levels Muay Thai
Coach Andy & PC Kru Hamed

8:00PM to 9:00PM
SPARRING

WOMENS ONLY
SELF-DEFENSE
COACH TIANA/COACH ANA

WEDNESDAY

1:30PM to 2:30PM
All Levels Muay Thai

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

6:00PM to 7:00PM
Youth Muay Thai (11-16yrs)
PC Kru Hamed

7:00PM to 8:30PM
All Levels Muay Thai
Tech Work & Pads
(Full Gear Required)
KRU ARASH

THURSDAY

1:30PM to 2:30PM
All Levels Muay Thai

6:00PM to 7:00PM
All Levels BJJ
COACH JAY NICEVESKI

7:00PM to 8:00PM
All Levels Muay Thai
PC Kru's Nima

8:00PM to 9:00PM
SPARRING

FRIDAY

1:30PM to 2:30PM
PRIVATE SPARRING
INVITE ONLY

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

6:00PM to 7:00PM
Youth Muay Thai (11-16yrs)
PC Kru Hamed

7:00PM to 8:00PM
All Levels Muay Thai
PC Kru Vince

8:00PM
Fight Team Training
COACH SAM - INVITE ONLY

SATURDAY

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

11:00AM to 12:00PM
BJJ
COACH JAY NICEVESKI

12:00PM to 1:00PM
MMA SPARRING
INVITE ONLY

SUNDAY

GYM CLOSED
FOR DEEP CLEANING AND
SANITATION

