

KINGDOM MUAY THAI

2025 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 8:00PM
All Levels Muay Thai
PC Kru Hamed

8:00PM to 9:15PM
Advanced Muay Thai
Kru Arash

TUESDAY

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

5:15PM to 6:00PM
Kids BJJ
Coach Hannah

6:00PM to 7:00PM
All Levels BJJ
Coach Jay

7:00PM to 8:00PM
Women's Self Defence
Coach Tiana & Coach Ana

7:00PM to 8:00PM
Muay Thai Foundations
Coach Andy

8:00PM to 9:15PM
Clinch Class
Kru Arash

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 8:00PM
All Levels Muay Thai
Kru Arash

8:00PM to 9:15PM
Advanced Muay Thai
Kru Arash

THURSDAY

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

5:15PM to 6:00PM
Kids BJJ
Coach Hannah

6:00PM to 7:00PM
All Levels BJJ
Coach Jay

7:00PM to 8:00PM
Muay Thai Foundations
PC Kru Nima

8:00PM to 9:15PM
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
GYM CLOSED

SATURDAY

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

11:00AM to 12:00PM
OPEN MATT

12:00AM TO 1:00PM
Strength & Conditioning
Coach Ako

SUNDAY

GYM CLOSED
FOR DEEP CLEANING AND
SANITATION

