



# KINGDOM MUAY THAI

## 2025 RICHMOND HILL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00AM to 11:00AM Kids Muay Thai (4-10yrs) Kru Arash/PC Kru Hamed
1:30PM to 2:30PM All Levels Muay Thai	1:30PM to 2:30PM All Levels Muay Thai	1:30PM to 2:30PM All Levels Muay Thai	1:30PM to 2:30PM All Levels Muay Thai	1:30PM to 2:30PM PRIVATE SPARRING INVITE ONLY	11:00AM to 12:00PM OPEN MATT
					12:00PM TO 1:00PM Strength & Conditioning Coach Ako
5:15PM to 6:00PM Kids Muay Thai (4-10yrs) PC Kru Hamed		5:15PM to 6:00PM Kids Muay Thai (4-10yrs) PC Kru Hamed		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	6:00PM to 7:00PM All Levels BJJ Coach Jay	6:00PM to 7:00PM Youth Muay Thai (11-16yrs) PC Kru Hamed	6:00PM to 7:00PM All Levels BJJ Coach Jay	6:00PM to 7:00PM Youth Muay Thai (11-16yrs) PC Kru Hamed	
7:00PM to 8:00PM All Levels Tech Work (Full Gear Required)	7:00PM to 8:00PM All Levels Muay Thai Coach Andy & PC Kru Hamed	7:00PM to 8:00PM All Levels Tech Work (Full Gear Required)	7:00PM to 8:00PM All Levels Muay Thai PC Kru's Nima & Hamed	7:00PM to 8:00PM All Levels Muay Thai PC Kru Vince	GYM CLOSED FOR DEEP CLEANING AND SANITATION
8:00PM to 9:00PM Muay Thai Foundations Kru Arash	8:00PM to 9:00PM SPARRING	8:00PM to 9:00PM Muay Thai Foundations Kru Arash	8:00PM to 9:00PM SPARRING	8:00PM Fight Team Training COACH SAM - INVITE ONLY	
	WOMENS ONLY SELF-DEFENSE COACH TIANA/COACH ANA				

