



### Rising Stars Muay Thai (Ages 4-6)

Respect - Teamwork - Fun

Children learn the fundamentals of Muay Thai through a series of fun and interactive activities, games, and obstacle challenges. Children improve coordination and listening skills in a friendly and encouraging environment.

### Shooting Stars Muay Thai (Ages 7-12)

Discipline - Confidence - Leadership

As students progress through the 5 levels of the curriculum, they improve their fitness abilities, refine their Muay Thai technique, and build on character development. The lessons learned at each stage translate in their daily lives – among peers, at school, and at home.



### Enrichment Clubs

Healthy Bites: Restaurant Start-Up - Lil' Champs - Kids Klub - Tutoring

Our Enrichment Clubs are conveniently scheduled before or after our Kids Muay Thai classes - offering parents a one-stop shop for physical fitness and educational enrichment!

UPDATED AS OF OCT 17. SEMESTERS BEGIN JAN 10, 12, 13, OR 17

MON	TUES	WED	THURS	FRI	SAT	SUN	
	<p>10AM - 10:50AM MOM'S FIGHT CLUB (Kids Welcome) (All Levels)</p>		<p>10AM - 10:50AM MOM'S FIGHT CLUB (Kids Welcome) (All Levels)</p>		<p>9:00AM - 10:00AM ADULTS FIGHT X FIT (+ FREE Child Care)</p>		
	<p>** PRIVATE TRAINING AVAILABLE AT ALL TIMES **</p>				<p>9:00AM - 10:00AM KIDS KLUB (Ages 4+)</p>	<p>GYM RENTAL AVAILABLE</p>	
	<p><b>TUTORING AVAILABLE AFTER SCHOOL HOURS</b></p>				<p>9:30AM - 10:00AM RISING STARS (A) (Ages 4-6)</p>		
					<p>10:00AM - 11:00AM HEALTHY BITES: RESTAURANT START-UP (Ages 4-10)</p>		<p>BIRTHDAY PARTIES/EVENTS</p>
<p>5:00PM - 5:30PM RISING STARS (C) (Ages 4-6)</p>	<p>5:00PM - 6:00PM ADULTS FIGHT X FIT (+ FREE Child Care)</p>	<p>5PM - 5:45PM SHOOTING STARS (Ages 7-12)</p>	<p>5PM - 5:45PM SHOOTING STARS (Ages 7-12)</p>	<p>5:00PM - 6:00PM SHOOTING STARS/ YOUTH <i>*Intermediate* Only</i></p>	<p>10AM - 10:45AM SHOOTING STARS (Ages 7-12)</p>		
<p>5:30PM - 6:30PM SHOOTING STARS/ YOUTH <i>*Intermediate* Only</i></p>	<p>5:00PM - 6:15PM KIDS KLUB (Ages 4+)</p>				<p>11:00AM - 11:30AM RISING STARS (B) <i>**Advanced Level** (Ages 4-6)</i></p>		<p>CALL TO INQUIRE</p>
	<p>5:00PM - 5:30PM RISING STARS (D) (Ages 4-6)</p>	<p>5:00PM - 6:00PM YOUTH (Ages 13-17)</p>	<p>5:45PM - 6:45PM YOUTH (Ages 13-17)</p>		<p>11:00AM - 12:00PM YOUTH (Ages 13-17)</p>		
<p>5:30PM - 6:30PM YOUTH (Ages 13-17)</p>	<p>5:30PM - 6:15PM SHOOTING STARS (Ages 7-12)</p>				<p>11:30AM - 12:15PM LIL'-CHAMPS (Ages 2-4)</p>		

\*ALL PRICES EXCLUDE HST.

### LIL-CHAMPS (AGES 2-4)

Muay Thai + Enrichment  
10 wks (SAT): \$319

### RISING STARS (AGES 4-6)

Muay Thai  
Semester Based 1X/week  
11 wks (MON): \$379  
12 wks (TUE/SAT): \$389

### ENRICHMENT CLUBS

Healthy Bites (Ages 4-10): \$350 (10 wks)  
Kids Klub (Ages 4+): FREE\*\*/\$85 (10 Class Pass)  
*\*\*When BOTH parent and kid are members.*

### SHOOTING STARS (AGES 7-12)

See Gym for Pricing

### YOUTH (AGES 13-17)

See Gym for Pricing

### VRTU ALSO OFFERS:

- Kids Birthday Parties
- School Workshops
- Private Training
- Camps
- Tutoring
- Family Training

LEARN MORE:  
[WWW.VRTU.CA/KIDS](http://WWW.VRTU.CA/KIDS)

\*\* Family Discount Available (10-20% off) - See Front Desk.