

KIDS CLASSES

Fall Semester 2026



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 MAY 13 SEMESTERS BEGIN SEP 12, 14, 15, OR 26

MON	TUES	WED	THURS	FRI	SAT	SUN
	10AM - 10:50AM MOM'S FIGHT CLUB (Kids Welcome) (All Levels)		10AM - 10:50AM MOM'S FIGHT CLUB (Kids Welcome) (All Levels)		8:00AM - 9:00AM ADULTS FIGHT X FIT	
	** PRIVATE TRAINING AVAILABLE AT ALL TIMES **				9:00AM - 10:00AM ADULTS FIGHT X FIT (+ FREE Child Care)	
	TUTORING AVAILABLE AFTER SCHOOL HOURS				9:00AM - 10:00AM KIDS KLUB (Ages 4+)	GYM RENTAL AVAILABLE
					9:30AM - 10:00AM RISING STARS (A) (Ages 4-6)	
5:00PM - 5:30PM RISING STARS (C) (Ages 4-6)	5:00PM - 6:00PM ADULTS FIGHT X FIT (+ FREE Child Care)	5:00PM - 6:00PM ADULTS MUAY THAI HIIT	5:00PM - 6:00PM ADULT STRENGTH & CONDITIONING	5:00PM - 6:00PM SHOOTING STARS/ YOUTH <i>*Intermediate* Only</i>	10:00AM - 11:00AM HEALTHY BITES (Ages 4-10)	BIRTHDAY PARTIES/EVENTS
5:30PM - 6:30PM SHOOTING STARS/ YOUTH <i>*Intermediate* Only</i>	5:00PM - 6:15PM KIDS KLUB (Ages 4+)	5PM - 5:45PM SHOOTING STARS (Ages 7-12)	5PM - 5:45PM SHOOTING STARS (Ages 7-12)		10AM - 10:45AM SHOOTING STARS (Ages 7-12)	
	5:00PM - 5:30PM RISING STARS (D) (Ages 4-6)				11:00AM - 11:30AM RISING STARS (B) <i>**Advanced Level** (Ages 4-6)</i>	CALL TO INQUIRE
5:30PM - 6:30PM YOUTH (Ages 13-17)	5:30PM - 6:15PM SHOOTING STARS (Ages 7-12)	5:00PM - 6:00PM YOUTH (Ages 13-17)	5:45PM - 6:45PM YOUTH (Ages 13-17)		11:00AM - 12:00PM YOUTH (Ages 13-17)	
					11:30AM - 12:15PM LIL'-CHAMPS (Ages 2-4)	

*ALL PRICES EXCLUDE HST.

LIL-CHAMPS (AGES 2-4)

Muay Thai + Enrichment
10 wks (SAT): \$339

RISING STARS (AGES 4-6)

Muay Thai
Semester Based 1X/week
12 wks (MON): \$389
13 wks (TUE/SAT): \$399

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

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