

MAJOR BUILDS

STRIDE MUAY THAI PRESENTS



LINCH+ ONQUER

GINNING





EVÉNT & PARTY RENTALS



THE PHYSIO SPOT



GTA

PAW PALACE













#CLINCHANDCONQUER



Redefining luxury quality, and

Major Builds specializes in residential and commercial building, delivering detailed, on-time, on-budget results through clear communication, strong



CUSTOMBUILDS.



EXTENSIONS / ADDITIONS



INTERIORREFRESH.



PHONENO.

EMAIL.

SOCIAL.

WEBSITE.



COMMERCIAL



READY to build with us?

Contact Major Builds today to bring your vision to life-on time, on budget, and with unmatched attention to detail.

Feel Better.

Move Better.

Perform Better.



2 AMAZING LOCATIONS TO HELP YOU. www.thephysiospot.ca (905)471-8200









Improve Your CYBERSECURITY

Vulnerability Scout offers excellent cybersecurity services to help businesses identify and mitigate security risks. They are the go-to service when looking to ensure protection against evolving cyber threats.

visit https://www.vulnerabilityscout.com for more information



Event & Party Rentals

Make every occasion shine with our premium event and party rentals—ideal for weddings, celebrations, and commercial events.

- Custom Event Setup
- Seamless Tent Setup & Takedown
- Delivery and Pickup
- On-Site Support Staff
- Catering Coordination







GTA PAW PALACE

DOG HOTEL
DOG LOVERS COME TALK TO US!



BOARDING, GROOMING, DAYCARE & TRAINNING

WE PICK UP & DROP OFF Call 647-886-3133



CONTACT HELLO@STRIDEMUAYTHAI.COM FOR A FREE TRIAL

12 MALLEY ROAD, SCARBOROUGH ON MIL 2E2

FOOD MENU

FROM LAOLICIOUS

MANGO SALAD* \$10 Fresh mango salad tossed in our signature refreshing dressing with a zing NAM KHAO-CRISPY COCONUT RICE \$10 SALAD Crispy coconut red curry rice mixed with cured pork, fresh herbs and a tangy dressing LAO SAUSAGE, STICKY RICE AND \$10 DIPPING SAUCE Grilled aromatic Lao sausage (Sai Oua) served with sticky rice and Jeow Mahk Lane - a smoky tomato chili dipping sauce HEAVENLY BEEF JERKY, STICKY RICE \$10

SPRING ROLLS*

Crispy, golden rolls filled with pork, vegetables and glass noodles with sweet chili sauce

Savoury-sweet Lao beef jerky (Seen Savanh) with sticky rice and Jeow Mahk Lane – a smoky tomato chili dipping sauce

MANGO STICKY RICE

AND DIPPING SAUCE

Ripe golden mango with coconut sticky rice and sweetened coconut milk

*Vegetarian option available

FROM AIYLA

BEEF WRAP	\$15
Sizzling lavash roll filled with charcoal grilled beef, fresh vegetables and herbs	
CHICKEN WRAP	
Charcoal grilled chicken kebab, wrapped in lavash bread with fresh vegetables and herbs	\$15
FRENCH FRIES	\$5
Everyone's favourite	
TRES LECHE	\$10
Rich and moist cake soaked in a blend of three cakes, topped with whipped cream and caramel	
AYRAN	\$5

BAR MENU

\$10

\$10

ALCOHOLIC BEVERAGES

BEER (355ML/490ML)
Coors Light, Molson Canadian

Singha

MUAY THAI	\$12
A bold blend of aged rum and citrus juices with a splash of grenadine for knockout colour. Sweet, strong and ready to conquer	
ROUNDHOUSE MULE	\$12
Vodka, lime, and ginger beer collide in this crisp, copper-clad classic. A refreshing jab with a spicy finish—built to revive and rehydrate between rounds	
SPLIT DECISION Choose your rail spirit and mixer combo	\$8
WINE (50Z)	\$12

NON ALCOHOLIC BEVERAGES

MUAY THAI (MOCKTAIL)	\$5
No rum, no rules—just bold citrus juices with a splash of grenadine for knockout colour	
JUICE	\$3
Apple, Orange, Pineapple, Cranberry	
POP	\$3
Coke, Coke Zero, 7Up, Gingerale, Tonic	
BOTTLED WATER	\$3



BOUT LIST

YORK MUAY THAI

BOUT 1 · 57KG · C CLASS





SITBOON6

BOUT 2 · 67KG · C CLASS





TEAM SCORPION/ SBG SCARBOROUGH

STRIDE **MUAY THAI**

MAFA





DARKSIDE MUAY THAI

BOUT 4 · 57KG · C CLASS

ELEANOR

GRACIE BARRA OTTAWA



ADULT MUAY THAI RULE SETS per CLASS

C CLASS B CLASS A CLASS

FIGHTS ROUNDS 0-5 3 x 2 Min 6-15

3 x 2 Min

X

KNEES TO HEAD

X

ELBOWS TO HEAD

X



12-TO-6 ELBOWS

TO HEAD

X

HEADGEAR

SHINGUARDS &

















#CLINCHANDCONQUER

MUAY THAI CANADA TITLE • 63.5KG • A-CLASS



KIRBY SZETO

MUAY THAI

BOUT 5 · 63.5KG · C CLASS





ADRIAN WAMISTER LONDON MUAY THAI

BOUT 6 · 63.5KG · C CLASS

JAYAKHANTHAN SOUTHSIDE



BAHIR AHMAD AZIZI

KALARI

BOUT 7 · 67KG · C CLASS

JORDAN PETERS MAFA



NAWAB SIDHU

MARTIAL ARTS







Train & Stay In Thailand RAFFLE DRAW HAPPENS LIVE AT THE EVENT

GRAND PRIZE (VALUE: \$1400)

2 WEEKS TRAIN & STAY AT SINBI MUAY THAI PHUKET

2ND PRIZE (VALUE: \$180)

1 PAIR OF PRIMO GLOVES

THANK YOU TO OUR ALLIES FOR YOUR SUPPORT











