

10-Day Muay Thai Training Camp in Bangkok – PDF Overview

Training Schedule

- **Mondays:** *Rest Day (No training sessions)*
- **Tuesdays – Fridays:**
 - Morning Training Session (8:00 am)
 - Private Training (10:00 am – 3:00 pm)
 - Afternoon Training Session (3:00 pm)
 - Private Training (6:00 pm – 9:00 pm)
- **Saturdays:**
 - Morning Training Session (8:00 am)
 - Private Training (11:00 am – 3:00 pm)
 - Afternoon Training Session (3:00 pm)
 - Private Training (7:00 pm – 9:00 pm)
- **Sundays:**
 - Strength & Conditioning Class (10:00 am)
 - Private Training (11:00 am – 3:00 pm)
 - Afternoon Training Session (3:00 pm)
 - Private Training (6:00 pm – 9:00 pm)

Other Activities

- **Fight Night Experience:** Our trainers will take you to watch live fights ringside! *(Ticket prices vary depending on the event.)*

What's Included

1. Muay Thai Training

- Total of **10 days training, 6 days a week** (Mondays are rest days)
- **2 sessions per day** (morning and afternoon)
- *Note: Muay Thai Certificate is only available for the 1-Month Training Camp.*

2. Accommodation

- Total of **10 nights** in a **private room**
- Room features: **air conditioning, shower, balcony, king-size bed or twin beds, TV, and free Wi-Fi**

3. **Muay Thai Hand Wraps and Gloves** (*Optional Borrowing*)

- Borrow secondhand gear or buy new gear locally (recommended).
Tip: Visit Lumpinee Stadium for great deals on Muay Thai gear!

What's Not Included

- Airport Pick-up & Drop-off (*Available with Combo Package*)
- Meals & Guided Tours
- Fight Night Tickets

Important Notes

- Open to all levels: beginner, intermediate, and advanced
- Children and families are welcome to join
- *Not recommended for:* pregnant travelers, those with back problems, or other serious health conditions
- If you want to participate in an actual fight, a minimum stay of **one month** is required

What to Bring

- Optional: Your Muay Thai gear (hand wraps, gloves, shorts, etc.)
- Exercise clothes and running shoes
- Sandals or flip flops
- Casual clothing (*Note: Thailand is very hot!*)
- Smart-casual clothing for outings
- Any necessary medication
- Towel

This PDF provides a comprehensive guide for anyone interested in our 10-day Muay Thai training camp. Make your booking today and start your journey to fitness and cultural discovery in Bangkok!