

## 14-Day Muay Thai Training Camp in Bangkok

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### Training Schedule

-  **Mondays:** *CLOSED (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
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### What's Included

1.  **Muay Thai Training with Champion Trainers**
  - 12 days of training (6 days per week, rest on Mondays)
  - 2 training sessions per day: morning and afternoon
  - *Note: Muay Thai Certificate available only for 1-month stay participants*
2.  **Private Accommodation**
  - 14-night stay
  - Private room with shower and balcony



- Room amenities: King-size bed or twin beds, air conditioning, TV, free Wi-Fi

### 3. Muay Thai Gear

- Use of hand wraps and gloves (secondhand)
- *Tip: You can purchase new Muay Thai gear from nearby shops like those at Lumpinee Stadium.*

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### What's Not Included

-  Airport pick-up/drop-off (*available with our Combo Package*)
-  Meals (*can be arranged separately on request*)







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### Please Note

- Suitable for all experience levels: beginner to advanced
- The training routine will be customized to your skill level
- Safe for children and families
- Not recommended for:
  - Travelers with back or heart conditions
  - Pregnant travelers

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### What to Bring

-  Optional Muay Thai gear (hand wraps, gloves, shorts, etc.)
  -  Exercise clothes and running shoes
  -  Casual wear (*Bangkok is hot!*) and sandals
  -  Smart-casual clothes for outings
  -  Medication and  towel
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