

30-Day Muay Thai Camp in Bangkok

Itinerary

Mondays:

- **Closed:** No training sessions are held today.

Tuesdays – Fridays:

- **Morning Training:** 8:00 am
- **Private Training:** 10:00 am – 3:00 pm
- **Afternoon Training:** 3:00 pm
- **Private Training:** 6:00 pm – 9:00 pm

Saturdays:

- **Morning Training:** 8:00 am
- **Private Training:** 11:00 am – 3:00 pm
- **Afternoon Training:** 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:** 3:00 pm
- **Private Training:** 6:00 pm – 9:00 pm

Additional Activity:

- If it's a **Fight Night**, our trainers will take you to watch live fights ringside. *(Ticket prices vary depending on the event.)*

What's Included

1. Muay Thai Training with Champion Trainers

- Total of 4 weeks training (6 days a week, with Monday rest)
- Two sessions per day (morning and afternoon)
- Completion of the program includes earning a **Muay Thai Certificate** for beginners.

2. Clean, Private Room Stay

- 30 nights in private accommodation
- Rooms include a shower, balcony, king-size or twin beds (30 sqm), air conditioning, TV, and free Wi-Fi.

3. Use of Muay Thai Hand Wraps and Gloves

- Borrow secondhand gear if needed
- **Pro Tip:** Buy new Muay Thai gear in Bangkok at local shops like those near Lumpinee Stadium.

✗ What's Not Included

- Airport pick-up and drop-off
- Utility charges (electricity, water) & room cleaning: This package operates like monthly lodging, so these services are billed separately. **For a fully serviced experience, opt for the VIP Rate.**

⚠ Please Note

- Open to all skill levels: beginner, intermediate, and advanced.
- The training routine will be adjusted based on your level.
- Suitable for children and families.
- Not recommended for travelers with back problems, pregnant travelers, or those with serious medical conditions.
- For those interested in fighting in Bangkok, a minimum one-month stay is required for proper training and match arrangements.

🧳 What to Bring

- **Optional:** Muay Thai gear (hand wraps, gloves, shorts, etc.)
- Exercise clothes and outfits
- Running shoes
- Sandals or flip-flops
- Casual clothing (Thailand has a hot climate!)
- Smart-casual wear for outings
- Any essential medication
- Towel