VIP 30-Day Muay Thai Camp in Bangkok

📅 **Itinerary**

- **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: If there is a Fight Night, enjoy ringside tickets and experience live Muay Thai action! *Ticket prices vary depending on the event.*

✅ **What's Included**

🥊 **Muay Thai Training**

- 4 weeks of training (6 days per week, with Mondays off)
- 2 training sessions per day (morning and afternoon)
- Muay Thai Certificate awarded upon completion of the program

🏨 **Private Accommodation**

- 30 nights in a spacious 30 sqm private room with a balcony

- King-size bed or twin beds, en-suite bathroom

- Air conditioning, television, and free Wi-Fi

🧤 Training Gear

- Use of Muay Thai hand wraps and gloves (secondhand gear provided if needed)

- Pro Tip: Purchase high-quality Muay Thai gear nearby, such as at Lumpinee Stadium.

💎 VIP Perks

- **Daily room cleaning** 🖌️

- **Utilities included** ⚡

- **10 private training sessions with champion trainers** 🥋

- **Free airport arrival transfer** ✈️

❌ What's Not Included

🚫 **Airport Drop-off** 🚫 **Additional expenses during Fight Nights (optional)**

📝 Important Notes

- Suitable for all levels: beginner, intermediate, and advanced.

- The training routine is customized to your experience level.

- Safe for children and families to participate.

- Not recommended for those with back problems, pregnant travelers, or individuals with serious medical conditions.

👜 What to Bring

- Optional Muay Thai gear (hand wraps, gloves, shorts, etc.)

- Regular exercise clothes and outfits

- Running shoes and sandals

- Casual clothing (for Bangkok's hot weather)

- Smart-casual attire for evenings out

- Any necessary medication and a towel