

Muay Thai 3-Day Introductory Package Summary (PDF)

Training Schedule:

- **Day 1 (Half Day)**
Check-in (12:00 pm onwards)
First Training Session (3:00 pm)
 - **Day 2 (Full Day)**
Morning Training Session (8:00 am)
Afternoon Training Session (3:00 pm)
 - **Day 3 (Full Day)**
Morning Training Session (8:00 am)
Afternoon Training Session (3:00 pm)
 - **Day 4 (Half Day)**
Last Training Session (8:00 am)
Check-out (Latest 12:00 pm)
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What's Included:

1. **Muay Thai Training with Champion Trainers**
 - 3 full days of structured training
 - 2 sessions per day (morning and afternoon)
 2. **Private Room Accommodation**
 - 3 nights of stay
 - Private room with a king-size or twin beds, ensuite bathroom, balcony (30 sqm)
 - Air conditioning, TV, and free Wi-Fi
 3. **Muay Thai Hand Wraps & Gloves**
 - Borrow available, but equipment is secondhand
 - You can easily purchase new gear from nearby shops like Lumpinee Stadium
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What's Not Included:


- Airport Pick-up & Drop-off


 **Important Notes:**


- Suitable for all skill levels (beginner, intermediate, advanced)
- Training adjusted to match your experience level
- Safe for children and families
- Not recommended for those with back problems, heart conditions, or pregnancy
- For those interested in competing, a one-month stay is required for full preparation and promoter arrangements

 **What to Bring:**

- Optional: Muay Thai gear (hand wraps, gloves, shorts)
- Exercise clothes, running shoes, sandals/flip-flops
- Casual and smart-casual clothing for outings (Thailand is hot!)
- Medication and towel

 **Location:** Bangkok, Thailand

 **Perfect For:** Fitness enthusiasts and martial arts lovers

 **Experience:** Train like a pro under expert instructors while enjoying the sights of Bangkok

Contact us to book your spot now!