

## 7-Day Health & Wellness Muay Thai Retreat – Package Details

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### Schedule:

#### Monday

- Closed – No training sessions

#### Tuesday to Friday

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

#### Saturday

- **Morning Training Session:** 8:00 am
- **Private Training (Optional):** 11:00 am – 3:00 pm
- **Afternoon Training Session:** 3:00 pm
- **Private Training (Optional):** 7:00 pm – 9:00 pm

#### Sunday

- **Strength & Conditioning Class:** 10:00 am
- **Private Training (Optional):** 11:00 am – 3:00 pm
- **Afternoon Training Session:** 3:00 pm
- **Private Training (Optional):** 6:00 pm – 9:00 pm

#### Additional Activities:

- **Fight Night Experience:** Trainers will take you to watch Muay Thai fights ringside (ticket prices vary).

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### What's Included:

#### 1. Muay Thai Training with Champion Trainers

- 6 days of training
- 2 sessions per day (morning and afternoon)
- (Note: A Muay Thai Certificate is available only for the One-Month Camp program)

## 2. Private Room Accommodation

- Total of 7 nights
- Private room with balcony, shower, and modern amenities (King or twin beds, 30 sqm)
- Air conditioning, TV, and free Wi-Fi

## 3. Use of Muay Thai Gear

- Hand wraps and gloves (borrowed gear is secondhand)
- (Tip: Buy new gear in Bangkok at local shops like Lumpinee Stadium)

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### ✖ What's Not Included:

- Airport Pick-up and Drop-off  
(Note: Airport arrival services are available in Combo Packages)



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### Please Note:

- Suitable for all levels: beginner, intermediate, or advanced
- Training is adjusted to match your skill level
- Safe for children and families
- Not recommended for travelers with back, heart, or other serious medical conditions, or for pregnant travelers
- Fighting in Bangkok requires at least a one-month training commitment



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### What to Bring:

- Optional: Muay Thai gear (hand wraps, gloves, shorts)
- Regular workout clothes
- Running shoes, sandals/flip flops
- Casual wear (Thailand's climate is hot!)
- Smart-casual clothing for outings
- Personal medication
- Towel