

1 MONTH ALL-INCLUSIVE MUAY THAI FIGHT CAMP

Koh-Phangan, Thailand



TRAINING AND RECOVERY

	group training 2x per day + unlimited acces to gym 24/7	15 000
	<i>included in price:</i> ice bath 3x week weekly S&C sessions sparring day 2x week fight preparation in fighter-only gym specialist boxing program available specialist clinching program available fight organization weight cut support professional corner team	

🏠 ACCOMODATION		low season	high season
		01.09 – 15.12 15.04 – 01.07	15.12 – 15.04 01.07 – 31.08
ON-SITE	private bamboo hut with fan and shared bathroom	5 000	6 000
	bed in a shared fighter room with AC and shared bathroom	5 000	6 000
THONGSALA FIGHTER RESIDENCE	single room with AC and shared bathroom	13 000	15 000
	bamboo hut with AC and private bathroom	13 000	15 000
CHAI SEAVIEW RESIDENCE	single room with AC	19 000	21 000
	bed in double room with AC	12 000	14 000



🥤 FOOD

	buffet-style thai healthy food for fighters (served 10:00 and 18:00) + unlimited coffee/water at gym	10 000
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🚗 TRANSPORT

	honda 125cc or similair with helmet	4 000
	bicycle rental with helmet	2 000
	pick-up/drop off pier	500

Build your Fight Camp your way. Only Training & Recovery is required. Accommodation, food and transport are optional.

*Limited spots - due to high demand, please try to book in advance

**For different duration of fight camp please inquire individual price