ALL-INCLUSIVE MUAY THAI FIGHT CAMP

Koh Phangan, Thailand **1 month**







TRAINING & FIGHT PREPARATION

- Group training 2× per day (Mon–Sat)
- 24/7 access to the gym and S&C zone
- Weekly routine adapted for fighters — S&C sessions, sparring-only sessions
- AM: long group run, technique focus | PM: high intensity, sparring, 40 min clinch
- Individual Fighter Development, including mind aspect
- Strong emphasis on clinch, knees, elbows
- Ice bath 3× per week (Mon, Wed, Sat)
- Professional corner anywhere in Thailand, weight-cut support

☆ **Special programs: 1st fight preparation**

FOOD FOR FIGHTERS

- Homemade healthy Thai food — buffet at 10:00 and 18:00 (Mon-Sat)
- Unlimited water at the gym

Note: If you have any allergies or special diet feel free to inquire price without food

COMMUNITY

- We train together, eat together, live together - both Thai and international fighters
- Teambuilding events on weekends (hike, beach day, sauna and sunset)
- Each Friday we watch ONE Lumpinee in the gym together on a big screen

ACCOMODATION FOR EACH BUDGET



1. ON-SITE IN GYM: bamboo hut with fan / AC shared room with shared bathroom



2. THONGSALA FIGHTER RESIDENCE: AC single room with shared bathoom / AC bamboo hut with private bathroom



3. SEAVIEW FIGHTER RESIDENCE: AC single room / AC double room. 3 bathrooms for 4 rooms, shared living area

TOTAL PRICE (ALL-INCLUSIVE)

ECONOMY
from 29 000 THB */month*

STANDARD
from 39 000 THB */month*

PREMIUM
from 50 000 THB */month*

Note: Prices are indicative and vary depending on the length of your stay and the season. Please submit an application form to receive a quote.

AVAILABLE ADD-ONS

- 125cc scooter rental
- Bicycle rental
- Pick-up / Drop-off pier/airport
- 10% discount on prebooked private sessions and equipment/merch for sale

Note: Prices of boxing equipment/merch catalogue available upon request