

Fitness Bootcamp | April - September

We also offer longer stay packages + DTV Visa + Muay Thai Education Visa

1. STANDARD

Private Room + Private Bathroom + Train + Meals + Protein Shakes + Airport Transfers

NOTE: OUR STANDARD FITNESS BOOTCAMP PROGRAM NEEDS MINIMUM OF 2 PEOPLE DURING LOW SEASON

	 1 person	 2 people share per person
1 Day	฿5650	฿4270
3 Days	฿13,870	฿10,860
5 Days	฿23,520	฿19,100
1 Week	฿30,600	฿25,000
10 Days	฿41,360	฿34,200
2 Weeks	฿55,000	฿46,150
3 Weeks	฿80,400	฿68,370
1 Month	฿108,880	฿93,650

Price includes:

- ✓ Muay Thai 1 time per day
- ✓ Up to 4.5hrs per day group fitness (no training Sunday)
- ✓ Free Trial – Online Coaching
- ✓ Weekly progress check
- ✓ Private Standard Room/bathroom On-Site (King-sized bed, wi-fi, fridge, desk, wardrobe) - 24sqm
- ✓ 3 Meals per day + Snack - Low Carb . High Protein
- ✓ Protein Shake Daily
- ✓ Complimentary Bangarang Sports Bottle (Refillable)
- ✓ Thai Massage - 3 / per week
- ✓ Use of Facilities (bikes, air-con weight room, swimming pool, pickle ball, table tennis, ice bath)
- ✓ Hand Towels in Gym Area
- ✓ All Equipment Provided
- ✓ Airport/Hotel Transfers (VIP Service)
- ✓ Housekeeping 3/per week
- ✓ Laundry Service (฿10 per piece)

Our standard bootcamp runs Monday - Saturday

2. DELUXE

Private Room + Bathroom + Private Training + Meals (low-carb, extra protein) + Protein Shakes + Massages + Airport Transfers

	 1 person	 2 people share per person
1 Day	฿6550	฿4950
3 Days	฿16,500	฿12,870
5 Days	฿27,980	฿22,460
1 Week	฿36,850	฿29,780
10 Days	฿50,280	฿40,890
2 Weeks	฿67,520	฿55,480
3 Weeks	฿99,140	฿82,450
1 Month	฿135,650	฿113,700

Price includes:

- ✓ Muay Thai 1 time per day - 90min group class
- ✓ 2 x 1hr per day Personal Trainer - (No training Sunday)
- ✓ Free Trial – Online Coaching
- ✓ Weekly progress check
- ✓ Private Room/bathroom On-Site (King-sized bed, wi-fi, fridge, desk, wardrobe) - 24sqm
- ✓ 3 Meals per day + Snack - Low Carb . High Protein
- ✓ Protein Shake Daily
- ✓ Complimentary Bangarang Sports Bottle (Refillable)
- ✓ Thai Massage - 3 / per week
- ✓ Use of Facilities (bikes, air-con weight room, swimming pool, pickle ball, table tennis, ice bath)
- ✓ Hand Towels in Gym Area
- ✓ All Equipment Provided
- ✓ Airport/Hotel Transfers (VIP Service)
- ✓ Housekeeping 3/per week
- ✓ Laundry Service (฿10 per piece)

3. HYBRID DELUXE

Private Room + Bathroom + Personal Trainer + Meals (low-carb, extra protein) + Protein Shakes + Massages + Ice Baths + Transfers

	 1 person	 2 people share per person
1 Day	฿7500	฿5610
3 Days	฿18,950	฿14,420
5 Days	฿31,800	฿24,920
1 Week	฿42,650	฿33,620
10 Days	฿58,870	฿46,470
2 Weeks	฿80,000	฿63,620
3 Weeks	฿117,430	฿94,650
1 Month	฿162,180	฿131,430

Price includes:

- ✓ 2 x 1.5hr per day Hyrox Personal Trainer - TOTAL 3hrs/day (No training Sunday)
- ✓ Weekly progress check
- ✓ Free Trial – Online Coaching
- ✓ Private Room/bathroom On-Site (King-sized bed, wi-fi, fridge, desk, smart tv, wardrobe) - 24sqm
- ✓ 3 Meals per day + Snack - Low Carb . High Protein
- ✓ Protein Shake Daily
- ✓ Complimentary Bangarang Sports Bottle (Refillable)
- ✓ Thai Massage - 3 / per week
- ✓ Ice Bath / 1 per week
- ✓ Use of Facilities (bikes, air-con weight room, swimming pool, pickle ball, table tennis, ice bath)
- ✓ Hand Towels in Gym Area
- ✓ All Equipment Provided
- ✓ Airport/Hotel Transfers (VIP Service)
- ✓ Housekeeping 3/per week
- ✓ Laundry Service (฿10 per piece)

HIGH SEASON

BANGARANG

MUAY THAI X FITNESS GYM

Fitness Bootcamp | October - March

We also offer longer stay packages + DTV Visa + Muay Thai Education Visa

**5% Discount
Cash Payment**

1. STANDARD

Private Room + Private Bathroom + Train + Meals + Protein Shakes + Airport Transfers

*Prices in Thai Baht

	 1 person	 2 people / per person
1 Day	฿6230	฿4690
3 Days	฿15,250	฿11,950
5 Days	฿25,880	฿21,000
1 Week	฿33,670	฿27,600
10 Days	฿45,500	฿37,620
2 Weeks	฿60,540	฿50,700
3 Weeks	฿88,450	฿75,210
1 Month	฿119,760	฿102,995

Our standard bootcamp runs Monday - Saturday

Price includes:

- ✓ Muay Thai 1 time per day
- ✓ Up to 4.5hrs per day group fitness - (No training Sunday)
- ✓ Weekly progress check
- ✓ Free Trial - Online Coaching
- ✓ Private Room/bathroom On-Site (King-sized bed, wi-fi, fridge, desk, wardrobe) - 24sqm
- ✓ 3 Meals per day + Snack - Low Carb . High Protein
- ✓ Protein Shake Daily
- ✓ Bottled Water Daily
- ✓ Thai Massage - 3 / per week
- ✓ Use of Facilities (bikes,air-con weight room, swimming pool,pickle ball, table tennis,ice bath)
- ✓ Hand Towels in Gym Area
- ✓ All Equipment Provided
- ✓ Airport/Hotel Transfers (VIP Service)
- ✓ Housekeeping 3/per week
- ✓ Laundry Service (฿10 per piece)

2. DELUXE

Private Room + Bathroom + Private Training+ Meals (low-carb, extra protein) + Protein Shakes + Massages + Airport Transfers

	 1 person	 2 people / per person
1 Day	฿7200	฿5433
3 Days	฿18,200	฿14,150
5 Days	฿30,780	฿24,700
1 Week	฿40,540	฿32,750
10 Days	฿55,310	฿44,980
2 Weeks	฿74,280	฿61,000
3 Weeks	฿109,050	฿90,650
1 Month	฿149,200	฿125,000

Price includes:

- ✓ Muay Thai 1 time per day
- ✓ 2 x 1hr per day Personal Trainer (No training Sunday)
- ✓ Free Trial - Online Coaching
- ✓ Weekly progress check
- ✓ Private Room/bathroom On-Site (King-sized bed, wi-fi, fridge, desk, wardrobe) - 24sqm
- ✓ 3 Meals per day + Snack - Low Carb . High Protein
- ✓ Protein Shake Daily
- ✓ Bottled Water Daily
- ✓ Thai Massage - 3 / per week
- ✓ Use of Facilities (bikes,air-con weight room, swimming pool,pickle ball, table tennis,ice bath)
- ✓ Hand Towels in Gym Area
- ✓ All Equipment Provided
- ✓ Airport/Hotel Transfers (VIP Service)
- ✓ Housekeeping 3/per week
- ✓ Laundry Service (฿10 per piece)

3. HYBRID DELUXE

Private Room + Bathroom + Personal Trainer + Meals (low-carb, extra protein) + Protein Shakes + Massages + Ice Bath + Transfers

	 1 person	 2 people / per person
1 Day	฿8250	฿6170
3 Days	฿20,840	฿15,870
5 Days	฿35,000	฿27,410
1 Week	฿46,920	฿36,980
10 Days	฿64,760	฿51,100
2 Weeks	฿88,000	฿69,980
3 Weeks	฿129,170	฿104,000
1 Month	฿178,390	฿144,570

Price includes:

- ✓ 2 x 1.5hr per day Hyrox Personal Trainer - TOTAL 3hrs/day (No training Sunday)
- ✓ Weekly progress check
- ✓ Free Trial - Online Coaching
- ✓ Private Room/bathroom On-Site (King-sized bed, wi-fi, fridge, desk, smart tv, wardrobe) - 24sqm
- ✓ 3 Meals per day + Snack - Low Carb . High Protein
- ✓ Protein Shake Daily
- ✓ Bottled Water Daily
- ✓ Thai Massage - 3 / per week
- ✓ Ice Bath
- ✓ Use of Facilities (bikes,air-con weight room, swimming pool,pickle ball, table tennis,ice bath)
- ✓ Hand Towels in Gym Area
- ✓ All Equipment Provided
- ✓ Airport/Hotel Transfers (VIP Service)
- ✓ Housekeeping 3/per week
- ✓ Laundry Service (฿10 per piece)