



LOW SEASON

Muay Thai Low Season Prices | April - September

***We also offer DTV Visa ***

5%
Cash Discount
(Balance payment)

1. BASIC

Private Room + Private Bathroom + Train

*Prices in Thai Baht

	1 person	2 people - twin share
1 Day	฿2300	฿3500
3 Days	฿5980	฿8960
5 Days	฿9290	฿13,980
1 Week	฿11,150	฿16,880
10 Days	฿14,150	฿22,000
2 Weeks	฿17,690	฿27,800
3 Weeks	฿23,350	฿37,730
1 Month	฿28,650	฿47,870

+THB7 per unit for electric for packages over 1 week

Price includes:

- ✓ Private air-conditioned room 24m² / private bathroom
- ✓ Fridge, desk, wardrobe
- ✓ Housekeeping 1/week
- ✓ Muay Thai training 2 times per day - Monday - Saturday
- ✓ Wi-fi throughout the gym and room
- ✓ Smart TV
- ✓ Bangarang Sports Bottle - Refillable
- ✓ Free use of bicycles / air-con weight room
- ✓ Swimming pool / pickle ball / table tennis / ice bath
- ✓ Hand towels in gym area
- ✓ All equipment provided
- ✓ **Taxes + Fees included**

+ THB500 if need airport/hotel pick up (each way)

*** Power ฿7 per unit on 7+ day packages***

2. STANDARD

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

*Prices in Thai Baht

	1 person	2 people - twin share
1 Day	฿4350	฿6580
3 Days	฿10,100	฿16,190
5 Days	฿15,400	฿25,350
1 Week	฿19,370	฿32,390
10 Days	฿25,890	฿44,150
2 Weeks	฿33,100	฿57,720
3 Weeks	฿46,150	฿82,270
1 Month	฿60,780	฿111,150

Price includes:

- ✓ Private air-conditioned room 24m² / private bathroom
- ✓ Fridge, desk, wardrobe
- ✓ Muay Thai training 2 times per day - Monday - Saturday
- ✓ **3 Meals per day**
- ✓ **Protein shake daily**
- ✓ Bangarang Sports Bottle - Refillable
- ✓ **Housekeeping**
- ✓ Wi-fi throughout the gym and villa area
- ✓ Smart TV
- ✓ Free water available in the gym area
- ✓ Free use of bicycles / air-con weight room
- ✓ Swimming pool / pickle ball / table tennis / ice bath
- ✓ Hand towels in gym area
- ✓ All equipment provided
- ✓ **Airport transfers (2 Persons price assumes same flight)**
- ✓ **Taxes + Fees included**

3. DELUXE

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

*Prices in Thai Baht

	1 person	2 people - twin share
1 Day	฿4800	฿7580
3 Days	฿10,800	฿17600
5 Days	฿16,750	฿28,000
1 Week	฿21,300	฿36,300
10 Days	฿28,550	฿49,500
2 Weeks	฿37,000	฿65,550
3 Weeks	฿52,000	฿93,960
1 Month	฿68,800	฿127,100

Price includes:

- ✓ Private air-conditioned room 24m² / private bathroom
- ✓ Fridge, desk, wardrobe
- ✓ Muay Thai training 2 times per day - Monday - Saturday
- ✓ **3 Meals per day (low-carb meals + extra protein)**
- ✓ **Protein shake daily**
- ✓ **Thai Massage - 60 mins (3/per week)**
- ✓ Bangarang Sports Bottle - Refillable
- ✓ **Housekeeping**
- ✓ Wi-fi throughout the gym and villa area
- ✓ Smart TV
- ✓ Free water available in the gym area
- ✓ Free use of bicycles / air-con weight room
- ✓ Swimming pool / pickle ball / table tennis / ice bath
- ✓ Hand towels in gym area
- ✓ All equipment provided
- ✓ **Airport transfers (2 Persons price assumes same flight)**
- ✓ **Taxes + Fees included**

HIGH SEASON



Muay Thai Prices | October - March

We also offer DTV Visa



1. BASIC

Private Room + Private Bathroom + Train

*Prices in Thai Baht

	1 person	2 people / twin share
1 Day	฿2500	฿1590
3 Days	฿6580	฿4620
5 Days	฿10,150	฿7400
1 Week	฿12,230	฿8670
10 Days	฿15,500	฿11,500
2 Weeks	฿19,460	฿14,480
3 Weeks	฿25,700	฿19,740
1 Month	฿31,480	฿25,150

+THB7 per unit for electric for packages over 1 week

Price includes:

- ✓ Private air-conditioned room 24m² / private bathroom
- ✓ Fridge, desk, wardrobe
- ✓ Housekeeping 1/week
- ✓ Muay Thai training 2 times per day - Monday - Saturday
- ✓ Wi-fi throughout the gym and room
- ✓ Smart TV
- ✓ Bangarang Sports Bottle - Refillable
- ✓ Free use of bicycles / air-con weight room
- ✓ Swimming pool / pickle ball / table tennis / ice bath
- ✓ Hand towels in gym area
- ✓ All equipment provided
- ✓ **Taxes + Fees included**

+ THB500 if need airport/hotel pick up (each way)

*** Power ฿7 per unit on 7+ day packages***

2. STANDARD

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

*Prices in Thai Baht

	1 person	2 people - twin share
1 Day	฿4800	฿7250
3 Days	฿11,100	฿17,800
5 Days	฿16,950	฿27,880
1 Week	฿21,300	฿35,650
10 Days	฿28,470	฿48,550
2 Weeks	฿36,400	฿63,490
3 Weeks	฿50,750	฿90,490
1 Month	฿66,800	฿122,250

Price includes:

- ✓ Private air-conditioned room 24m² / private bathroom
- ✓ Fridge, desk, wardrobe
- ✓ Muay Thai training 2 times per day - Monday - Saturday
- ✓ **3 Meals per day**
- ✓ **Protein shake daily**
- ✓ **Bangarang Sports Bottle - Refillable**
- ✓ **Housekeeping**
- ✓ Wi-fi throughout the gym and villa area
- ✓ Smart TV
- ✓ Free water available in the gym area
- ✓ Free use of bicycles / air-con weight room
- ✓ Swimming pool / pickle ball / table tennis / ice bath
- ✓ Hand towels in gym area
- ✓ All equipment provided
- ✓ **Airport transfers (2 Persons price assumes same flight)**
- ✓ **Taxes + Fees included**

3. DELUXE

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

*Prices in Thai Baht

	1 person	2 people - twin share
1 Day	฿5300	฿8350
3 Days	฿11,900	฿19,400
5 Days	฿18,400	฿30,800
1 Week	฿23,450	฿39,900
10 Days	฿31,400	฿54,400
2 Weeks	฿40,700	฿72,000
3 Weeks	฿57,200	฿103,350
1 Month	฿75,650	฿139,950

Price includes:

- ✓ Private air-conditioned room 24m² / private bathroom
- ✓ Fridge, desk, wardrobe
- ✓ Muay Thai training 2 times per day - Monday - Saturday
- ✓ **3 Meals per day (low-carb meals + extra protein)**
- ✓ **Protein shake daily**
- ✓ **Thai Massage - 60 mins (3/per week)**
- ✓ **Bangarang Sports Bottle - Refillable**
- ✓ **Housekeeping**
- ✓ Wi-fi throughout the gym and villa area
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- ✓ Free water available in the gym area
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- ✓ Swimming pool / pickle ball / table tennis / ice bath
- ✓ Hand towels in gym area
- ✓ All equipment provided
- ✓ **Airport transfers (2 Persons price assumes same flight)**
- ✓ **Taxes + Fees included**

MUAY THAI DELUXE

NUTRITIOUS MEALS TO FUEL YOUR TRAINING

BANGARANG

MUAY THAI X FITNESS GYM



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK A ODD NUMBER ARRIVAL DATE START e.g. 1st, 3rd, 5th, 7th	BREAKFAST	Scrambled Egg with Vegetables	Muesli, Fruit and Yoghurt	Sunny Side up Eggs with Vegetables	Rolled Oats with Almonds (+30 for almond milk)	Scrambled Egg with Vegetables	Yoghurt Fruit Bowl	Rolled Oats with Almonds (+30 for almond milk)
	LUNCH	Beef Salad	Pad Thai Chicken	Chicken with Cashew Nut	Basil Chicken with Cucumber	Beef Steak with Vegetable	Larb Gai With Lettuce	Khao Soi Chicken
	DINNER	Red Curry Chicken	Salmon Salad	Tom Yum Shrimp	Grilled Chicken Salad	Teriyaki Chicken	Baked Salmon Pesto with Veg	BBQ Chicken + Cucumber
	EXTRAS	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK B EVEN NUMBER ARRIVAL DATE START e.g. 2nd, 4th, 6th, 8th	BREAKFAST	Scrambled Egg with Vegetables	Muesli, Fruit and Yoghurt	Sunny Side up Eggs with Vegetables	Rolled Oats with Almonds (+30 for almond milk)	Scrambled Egg with Vegetables	Yoghurt Fruit Bowl	Rolled Oats with Almonds (+30 for almond milk)
	LUNCH	Black Pepper Beef	Filled Omelette with Cucumber	Grilled Chicken with Garlic	Ginger Chicken with vegetables	Stir-fried Vegetables with Beef	Sweet/Sour Chicken	Khao Soi Chicken
	DINNER	Massaman Curry w/Vegetable	Baked Garlic Salmon w/ Vegetables	Curry Shrimp	Grilled Chicken Salad	Chicken Tom Kha	Salmon Steak with Vegetables	BBQ Chicken + Cucumber
	EXTRAS	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake

a) Please notify us of any dietary restrictions

EAT WELL. TRAIN HARD.

CONTACT DETAILS:

Nicky +66 99 141 2112

Whatsapp: +66 99 141 2112



MUAY THAI STANDARD

NUTRITIOUS MEALS TO FUEL YOUR TRAINING

BANGARANG

◀ MUAY THAI X FITNESS GYM ▶



WEEK A



ODD NUMBER
ARRIVAL DATE START
e.g. 1st, 3rd, 5th, 7th

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST		Scrambled Egg + Toast	Muesli, Fruit and Yoghurt	Sunny Side up Eggs with Ham, Toast + Sausage	Rolled Oats with Almonds (+30 for almond milk)	Toast Scrambled Eggs Bacon	Yoghurt Fruit Bowl	Rolled Oats with Almonds (+30 for almond milk)
LUNCH		Beef Salad	Pad Thai Chicken with Noodles	Chicken with Cashew Nut + Rice	Basil Chicken with Cucumber + Rice	Beef Steak with Potato	Larb Gai With Lettuce + Rice	Khao Soi Chicken
DINNER		Red Curry Chicken + Rice	Salmon Salad	Tom Yum Shrimp + Rice	Grilled Chicken Salad	Teriyaki Chicken + Rice	Baked Salmon Pesto with Veg + Potato	BBQ Chicken + Rice
EXTRAS		Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake

WEEK B



EVEN NUMBER
ARRIVAL DATE START
e.g. 2nd, 4th, 6th, 8th

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST		Scrambled Egg + Toast	Muesli, Fruit and Yoghurt	Sunny Side up Eggs with Ham, Toast + Sausage	Rolled Oats with Almonds (+30 for almond milk)	Toast Scrambled Eggs Bacon	Yoghurt Fruit Bowl	Rolled Oats with Almonds (+30 for almond milk)
LUNCH		Black Pepper Beef + Rice	Filled Omelette with Cucumber + Rice	Grilled Chicken with Garlic + Rice	Ginger Chicken with vegetables + Rice	Stir-fried Vegetables with Beef + Rice	Sweet/Sour Chicken + Rice	Khao Soi Chicken
DINNER		Massaman Curry + Rice	Baked Garlic Salmon with Veg + Potato	Curry Shrimp + Rice	Grilled Chicken Salad	Chicken Tom Kha + Rice	Salmon Steak with Veg + Potato	BBQ Chicken + Rice
EXTRAS		Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake

a) Please notify us of any dietary restrictions

EAT WELL. TRAIN HARD.

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GROUP MUAY THAI CLASS

	1/day	2/day
DAY	350	600
WEEK	2000	3500
1 MONTH	7000	11,000
3 MONTHS	20,000	30,000
6 MONTHS	38,000	55,000

10 CLASS PASS - 3,500

Train 10, Get 1 FREE (11 Total)

IMPORTANT!

- Please purchase tickets before training
请在培训前购买门票
- Group sessions are available for adults and children above 14 years old.
成人和 14 岁以上儿童均可参加团体课程。
- Children under 14 years old need to book private class.
14岁以下儿童需预订私人课程。
- The above prices are cash prices and does not include 7% VAT or Credit Card Fees.
- Training tickets are valid 1 year and can not be exchanged to another person

TRAINING TIMES

MONDAY - SATURDAY

10:30 - 12:00

15:00 - 16:30

SUNDAY - REST DAY

PRIVATE GROUP TRAINING

2-4 People 550

5-6 People 450

7+ People 350

MUAY THAI PRIVATE TRAINING

1 Hour 700

10 CLASS PASS - 7000

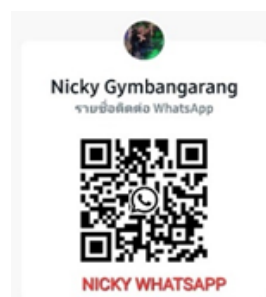
Train 10, Get 1 FREE (11 Total)

FITNESS PRIVATE TRAINING

1 Hour 1200

10 CLASS PASS - 12,000

Train 10, Get 1 FREE (11 Total)



CONTACT US TO BOOK:

+66 099 141 2112 / reservations.bangarang@gmail.com

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