



TRIP OVERVIEW

MUAY THAI CAMP MADNESS

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MADNESS**

TRIP OVERVIEW

If you're a martial arts novice, or fully fledged professional, this camp is sure to challenge you physically and mentally, leaving you with a real sense of achievement.

Trip Details

Looking for an extraordinary physical and mental challenge? This trip will take you beyond your limits and back. The training at the Muay Thai training camp is versatile, offering training programs to suit everyone looking to learn Muay Thai, increase your fitness, or self-defense techniques. The training camp has programs concentrating on Detox, Yoga and weight-loss programs, as well as running, weight lifting, and nutrition counseling/classes, all held at Thailand's premiere Mixed Martial Arts facility.

Package includes:

- Flights to Bangkok, and then onto Phuket
- Airport transfers from Phuket Airport
- Bungalow style accommodation at the training
- Professional Training camp
- Tailored Meals at the training camp
- Accommodation in Bangkok after training camp (Halfway Package)
- Accommodation in Bangkok & Phuket after training camp (Summit Package)

Daily Schedule

Yoga 7am-8am
Running Program 7.30am-8am & 3.30pm-4pm
Muay Thai Technique Class 8am-9am & 4pm-5pm
Muay Thai 9am-11am & 5pm-7pm
Mixed Martial Arts 9am-11am & 4pm-6.15pm

Current Special

We are currently giving away FREE Travel Insurance to anyone purchasing a Halfway or Summit Package until the 30th of September 2009. Just a little sweetener and piece of mind.

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Accommodation

**All Packages include tropical garden bungalow accommodation at:
*Tiger Muay Thai Training Camp, Phuket***



These Bungalow rooms are private and convenient accommodation, located next to the Muay Thai training gym. Each bungalow comes with a large bed, air, TV/cable, DVD, wi-fi internet, hot water shower, and a small kitchenette with a sink and fridge. The bungalows also have a beautiful front porch with a view of the tropical landscape and coconut grove, with free pool access, great to relax in after a hard training session.



Halfway
Novotel Bangkok Siam Square
4 star

One of the best locations in Asia's most exciting cities. Surrounded by the finest shopping & entertainment centres, the hotel offers an excellent selection of restaurants, bars & nightclubs.



Summit
Novotel Resort Phuket 4 star
Set into the hillside above the waters of Kalim Bay which are close to Patong Beach, yet still within easy reach of Phuket's exciting nightlife & shopping.

Sofitel Bangkok 5 star
Has a reputation for having a blended traditional Thai charm with stylish contemporary French flair in its décor, facilities & service.

After your training camp in Phuket, you can choose to enjoy the beaches and activities Phuket has to offer, or you can jump straight over to Bangkok, where you can take all the sites and sounds of Thailand's Capital city.

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Best time to go

All year round

Package Itineraries

Base

7 days

7 Day Muay Thai camp package
in Phuket

Halfway

9 days

7 Day Muay Thai camp package
in Phuket

2 Nights in Bangkok staying at the
Novotel Bangkok on Siam Square

Summit

11 days

7 Day Muay Thai camp package
in Phuket

2 Nights in Phuket staying at the
Novotel Resort

2 Nights in Bangkok staying at the
Hotel Sofitel

Package Options

Choose the package that best suits your needs.

If you want to customise a package, we can do that too.

	BASE \$1288	HALFWAY \$1566	SUMMIT \$1982
FLIGHTS	✓	✓	✓
PACKAGE	7 DAYS	9 DAYS	12 DAYS
ACCOM.	TWIN SHARE	TWIN SHARE	TWIN SHARE
EXTRAS	✗	FLIGHTS + 2 NIGHTS IN 4★ ACCOM IN BANGKOK	FLIGHTS + 2 NIGHTS IN 5★ ACCOM BKK + 2 NIGHTS IN 4★ ACCOM PKT

All prices are quoted in Australian Dollars (AUD), and prices listed are based on the costs and exchange rates applicable at the time of pricing. Flights are based on departures from and returning to Melbourne Airport, and other Australian airports may incur additional fees.

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