



Thai Boxing (Muay Thai)

Muay Thai – a mixture of several techniques employed in martial arts – has a long history in Thailand. Most of the time, it is termed as the “The science of eight limbs”, simply because almost all parts of the body are employed during the fight. The forehead, fists, elbows, shins, knees, and feet can all be used as weapons. Having been around for more than 2000 years, it is regarded as one of oldest variants of martial arts.

Location	Fitness Studio
Instructor	Activity Instructor
Level	Beginner - Advanced
Availability	Every day
Booking	24 hours advance notice (Subject to availability)
Duration	60 minutes
Private Session	1,500 Baht/Person
Class lesson	200 Baht/Person
Including	Cold towel, water, gloves and bags will be provided