

THAILAND

FITNESS RETREAT



THAILAND

FUN FITNESS HOLIDAY

Health and Fitness Holidays is designed for travellers to train and feel healthy while also having time to relax and enjoy their holiday. We cater for all fitness levels, but remember this is a holiday too, so we give you the options and you make the decisions.

Whether it changes your life on our holiday or when you get home we will do everything we can to make your holiday one to never forget.



Included

7 NIGHTS ACCOMMODATION,
DAILY HEALTHY BREAKFAST
3 GROUP TRAINING SESSIONS
3 X 1:1 THAI BOXING SESSIONS
3 X 1HR THAI MESSAGES
1 X YOGA SESSION
7 DAY GYM MEMBERSHIP
ISLAND DAY TRIP WITH LUNCH
2 GROUP LUNCHES
3 GROUP DINNERS
AND MUCH MORE!



ITINERARY

DAY 1 - FRIDAY

ARRIVAL / LUNCH & DINNER INCLUDED

- 11am: Pick up from airport. (Airport transfers included)
- 1pm: Introductory, beachside lunch and town tour
- 3.30pm: Group Gym session
- 5.30pm: Group Dinner at Cliff top restaurant (dinner included)

DAY 2 - SATURDAY

BREAKFAST INCLUDED

- 7.30am: Breakfast
- 8.45am: Walk to training session as group
- 9.30-11am: Group Muay Thai Boxing session
- 11am: Walk or run to resort
- 11.30-5pm: Free time (Massage included today)
- 5pm: Night out with the group to Phuket Night Market

DAY 3 - SUNDAY

BREAKFAST INCLUDED

- 7.30am: Breakfast
- 8.30am: Group Gym session
- 10.00-5pm: Free Afternoon (Massage included)
- 5pm: Night out in Patong for dinner and shopping.

DAY 4 - MONDAY

BREAKFAST & DINNER INCLUDED

- 7.00am: Breakfast
- 8am: Walk to beach for yoga
- 10.00am: Trip to see Big Buddha
- 12.30-1.30pm: Group Gym session
- 1.30pm: Ice bath and lemon grass sauna
- 2.30-6pm: Free time
- 6pm: Group Dinner at local Thai Restaurant

DAY 5 - TUESDAY

BREAKFAST INCLUDED

- 7.30am: Breakfast
- 8.45am: Walk to training session as a group
- 9.30-11am: Group Muay Thai Boxing session
- 11am: Walk or run back to our Villas
- 11.30am: Free Afternoon and night (Massage included today)

DAY 6 - WEDNESDAY

BREAKFAST & LUNCH INCLUDED

- 7.00am: Group Gym session
- 8.30am: Breakfast
- 10-5pm: Island Boat trip (lunch included from PurePrep)
- 5pm: Free night





DAY 7 - THURSDAY

BREAKFAST & DINNER INCLUDED

- 7.30am: Breakfast
- 8.45am: Walk to training session as group
- 9.30-11am: Group Muay Thai Boxing session
- 11am: Walk or run back to Pakpong Relax for Ice Bath
- 11.30am: Free afternoon
- 4.30pm: Get ready for White Party and final group dinner!

DAY 8 - FRIDAY

BREAKFAST INCLUDED

- 9am: Final Breakfast together
- 11am: Transfers today will be to airport only.
(If you have decided to stay please organise with your hotel to be picked up)





OPTIONAL ACTIVITIES

RELAX OR KEEP IT JAM PACKED

Please see Marcus or Jess to book in any extra Boxing / PT sessions or Tourist activities.

Here is a list of recommended extra activities:

- Phuket Zoo
- Teeth Whitening
- Big Buddha
- Feed Elephant
- Cooking Classes
- Beaches
- Tailor for clothes making

EXPENSES TO CONSIDER

\$1AUD = 23THB

Lunch / Light snacks - \$15AU (\$350 Thai Baht)

Shopping minimum - \$AU (\$8000 Thai Baht)

Extra Thai boxing sessions - \$26AU (\$600 Thai Baht)

Day Trips - \$40AU (\$1000 Thai Baht)

Boxing Gloves - \$80AU (\$200 Thai Baht)

Daily Water - \$2AU (\$50 Thai Baht)





Contact

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\$500 Deposit will secure your spot. This is non-refundable.

www.healthfitnessholidays.com.au

