



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.



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



### DAY 1 - FRIDAY

#### ARRIVAL / LUNCH & DINNER INCLUDED

11am: Pick up from airport. (Airport transfers included)
1pm: Introducory, 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 group9.30-11am: 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 group9.30-11am: Group Muay Thai Boxing session11am: 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

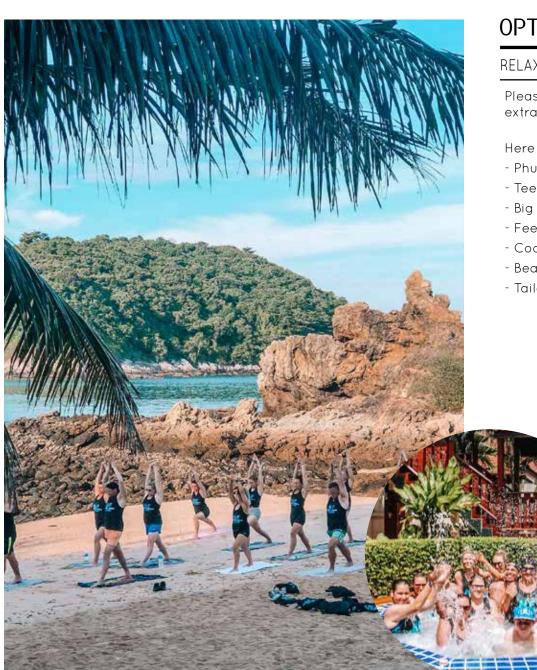
9am: Final Breakfast together

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)



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



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