



THAI BOXING

C L A S S

Practiced for centuries both by royalty and the working class, Thai Boxing (Muay Thai) has become an internationally recognized sport, and a world-wide phenomenon. What many don't know about Muay Thai is that it's an empowering martial art that is filled with exhilaration, endurance and numerous fitness benefits.

Get fit and have a little fun punching and kicking with Cape Panwa's Private Muay Thai class.

Available every **Friday**.

Please contact the front desk for more details.

Price: **1,200** Baht net per person per hour for private one-on-one classes.

Please make a reservation with the Guest Service Agent in advance.

