



Tiger Muay Thai

Beachside

TIGER MUAY THAI BEACHSIDE TRAINING CAMP
22/4 Moo 3, Soi Palai, Chaofa Rd., T.Chalong,
A.Muang, Phuket 83130 Thailand

Tel. +66-76-530633 Fax.+66-76-530634

Email : info@tigermuaythaibeachside.com

www.tigermuaythai.com

| TRAINING TIMETABLE | | | | | | |
|--|---|---|---|--|---|--|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 7:30 AM. - 08:30 AM. | AMBUSH 360 | BIG BUDDHA RUN(OUTDOOR) | AMBUSH 360 | OUTDOOR BOOTCAMP | AMBUSH 360 | |
| | Total Bodyweight All Levels | Meeting Point: Front Office at 7:10AM enroute TMT main camp In case of rain,AMBUSH360 <i>BodyFit Class will be held at 'main camp'</i> | Circuit Day All Levels | Beach or Stairs Workout Meeting Point: Front Office at 7:10AM enroute TMTmain camp | Team / Parther Day All Levels | |
| 8:00 AM. - 10:00 AM. | MUAY THAI | MUAY THAI | MUAY THAI | MUAY THAI | MUAY THAI | MUAY THAI |
| | Beginner Intermediate Advance | Beginner Intermediate Advance | Beginner Intermediate Advance | Beginner Intermediate Advance | Beginner Intermediate Advance | Beginner Intermediate Advanced |
| 9:30 AM. - 10:30 AM. | | | Pool Recovery session | | | |
| 11:30 AM.-12:30 PM. | BEAST | BEAST | BEAST | BEAST | BEAST | IMPORTANT REMINDERS |
| | Strength & Conditioning DeadLift All Levels | Strength & Conditioning Press All Levels | Strength & Conditioning Cardio Day All Levels | Strength & Conditioning Lower Body Focus All Levels | Strength & Conditioning Upper Body Focus All Levels | 1.PLEASE BE ON TIME: At least 10 minutes before class and no more than 5 minutes late. It is important not to miss the class warm-up for safety reasons. 2.AGE REQUIREMENT: At least 16 years of age. 3. OUTDOOR CLASSES: Please sign up a day before due to class preparation and transport reservation fee 40 baht/per |
| 11:00 AM. -12:00 PM. | MMA/BJJ No Gi | | MMA/BJJ No Gi | | MMA/BJJ No Gi | |
| | Beginner | | Beginner | | Beginner | |
| 12:00 PM. -1:00 PM. | WESTERN BOXING | | WESTERN BOXING | | WESTERN BOXING | |
| | All Levels | | All Levels | | All Levels | |
| 3:00PM.-5:00 PM. | MUAY THAI | MUAY THAI | MUAY THAI | MUAY THAI | MUAY THAI | MUAY THAI |
| | Beginner Intermediate Advance | Beginner Intermediate Advance | Beginner Intermediate Advance | Beginner Intermediate Advance | Beginner Intermediate Advance | Beginner Intermediate Advanced |
| 3:30PM.-4:30 PM. | CrossTraining | CrossTraining | CrossTraining | CrossTraining | CrossTraining | |
| | Press-All Levels | Strongman-All Levels | Deadlift-All Levels | Hero/Benchmark-All Levels | Squat-All Levels | |
| 6:00 PM. - 7:00 PM. | YOGA | YOGA | YOGA | YOGA | YOGA | |
| | All Levels | All Levels | All Levels | All Levels | All Levels | |
| PRIVATE MUAY THAI SESSIONS: (7-8:00AM./ 10AM.-3:00PM. / 5-8:00PM./ (Based on Trainer Availability) | | | | | | |
| OFFICE HOURS | | | | | | |
| WEIGHT ROOM HOURS | Monday-Friday / 8:00AM-5:00PM. | | | Saturday 8:00AM.-7:00PM./ BBQ SATURDAY 8:00AM.-1:00PM. / SUNDAY CLOSED | | |
| OFFICE HOURS | Monday-Friday / 8:00AM-5:00PM. | | | Saturday 8:00AM-2:00PM./ SUNDAY:CLOSED | | |