

Muay Thai

WOMENS RETREAT

Thailand

16TH - 23RD OCTOBER 2026



Friday Night Welcome Dinner @ Three Monkeys

SATURDAY

17/10/26

8am Muay Thai - Ratachai

11:30am Stretch - 5 Elements

8pm - Fight Night- Boxing Stadium TBC*

SUNDAY

18/10/26

9am- High Tide (S&C) - Pirate Camp

TIME FOR YOU TO EXPLORE PHUKET

MONDAY

19/10/26

8am Muay Thai - Ratachai

Optional- Kayaking & Snorkeling at Ya Nui Beach*

Sunset Beach Yoga*

TUESDAY

20/5/26

8am Muay Thai - Ratachai

Big Buddah Treak*

WEDNESDAY

21/10/26

9:30am- Ship Wreck - (S&C) Pirate Camp*

Optional Group Revovery

4pm Muay Thai - Ratachai

THURSDAY

22/10/26

10:30am- Women's Muay Thai- Phuket Fight Club

2pm Cafe Del Mar

FRIDAY

23/10/26

8am Muay Thai - Ratachai

12pm Checkout

Recovery sessions & massage are done at your own leisure!