



ANANTARA

LAWANA · KOH SAMUI
RESORT

JOURNEY OF A FIGHTER.

Discover Thailand's national sport, the traditional martial art of Muay Thai, with professional coaches in our dedicated rooftop gym, surrounded by natural beauty overlooking the Chaweng Beach. Whether you're a seasoned expert, interested in the "science of eight limbs" for a taste of true Thai culture, or simply for its exceptional fitness benefits, join us in the ring.

INTERMEDIATE MUAY THAI

Increases the intensity from the basics. Learn more complex techniques and combinations from our pro fighter, rapidly improving your skills.

ADVANCED MUAY THAI

Experienced students can head into the ring with our pros for these challenging 60-minute sessions, tightly focused on developing fight fitness and ring skills.

MUAY THAI RECOVERY

After a tough session in the ring, head to the Spa for this innovative Muay Thai recovery treatment. A full-body massage with essential oils of black pepper, clove and ylang-ylang warms and stimulates the muscles, leaving you feeling rejuvenated and ready to train again.

SELF-DIRECTED SESSIONS

Our Muay Thai ring is available for you to use on a complimentary basis for brushing up on skills and techniques. We provide a punch bag, gloves, focus pads and kicking shields, as well as simple instructions to help you create your own Muay Thai workout.

PRIVATE AND GROUP CLASSES

Private classes - Work with a professional coach at your own level to master the basics or hone your skills. 60 minutes, THB 2,000++

Private Kids Boxing - With a focus discipline and physicality, Muay Thai is a fun, engaging and exciting activity for youngsters. 45 minutes, THB 500++

Group classes - Share the energy and motivation in a beginner level class designed to challenge and energise. 1 class, 60 minutes, THB 700++

MUAY THAI STADIUM VISITS

Visit to local Muay Thai stadium together with our resident Muay Thai Guru. Experience the thrill of watching Muay Thai live. THB 1,500++ per person

Dial '4' to reserve your experience.

LIFE IS A JOURNEY. Visit anantara.com

