FITNESS CLASSES

EVERYTHING YOU WANT AND NEED, RIGHT IN THE COMFORTS OF YOUR OWN PRIVATE VILLA.

“The best way to find yourself is to
lose yourself in the service of others.”

–Mahatma Gandhi

YOGA & MUAY THAI

Yoga sessions are ideal for guests wanting to unwind, reset, and move at a gentler pace, while private Muay Thai training brings a more dynamic experience inspired by Thailand’s traditional martial art. Led by experienced instructors, both activities can be tailored to different skill levels and enjoyed at your preferred time and setting within the villa.



YOGA

Apart from the spiritual goals, the physical posture of yoga is used to alleviate health problems, reduce stress, and keep the spine supple. Yoga is also used as a complete program and physical therapy routine. *(Duration: 60 minutes)*

First Person *Private Class*	1,500 THB
Group Class *2 to 6 Persons*	4,000 THB
Yoga / Boxing / Pilates *Training per person*	1,900 THB
Extra Person Add-On *Per additional guest*	600 THB

MUAY THAI

Thai boxing originated as a form of self-defense before it developed into a sport. It is well-known for its various types of elbow strikes, knee strikes, kicks, and fist blows. A great deal of training is required to develop this skill. *(Duration: 60 minutes)*

Individual Class *One-on-One Training*	2,000 THB
Group Class *Pricing for 2 persons*	2,600 THB

* All rates are listed per hour.

Please note that prices are subject to change without prior notice.

TERMS & POLICIES



RESERVATIONS

All services must be booked at least one day in advance to guarantee availability.

CANCELLATION

We require 48 hours cancellation notice prior to your requested delivery time, or the full charge will be applied.

REFUNDS

We will return 70% of the cost of yoga and Muay Thai sessions if the cancellation notice is received more than 48 hours in advance.

SETTLEMENT

A full payment will be applied to your bill once the treatment or training session has been started.

TERMS

We reserve the right to change these terms and conditions at any time without prior notice.



THE LUXURY
SIGNATURE