

INFORMATION

7 NIGHTS PACKAGE

\$1400

- Accommodation: 3-star beachfront hotel with double bed, mini fridge, private bathroom, wifi, television, and desk.
 - Transportation: Private return airport transfer.
 - Meals: Customized meal plan (for fat loss, body recomposition, or muscle gain) with 3 meals and 2 snacks per day; group welcome dinner on arrival; TFC goodie bag.
 - Wellness Activities:
 - 1 Thai massage
 - 6 group fitness classes (Muay Thai, beach workout, indoor workout, or yoga)
 - 2 health & fitness workshops
 - 1 excursion or cultural activity (e.g., elephant sanctuary, Thai cooking class, Muay Thai fight night)
 - Support: Dedicated host and 24/7 WhatsApp support
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10 NIGHTS PACKAGE

\$1950

- Accommodation: 3-star beachfront hotel with double bed, mini fridge, private bathroom, wifi, television, and desk.
 - Transportation: Private return airport transfer.
 - Meals: Customized meal plan (for fat loss, body recomposition, or muscle gain) with 3 meals and 2 snacks per day; group welcome dinner on arrival; TFC goodie bag.
 - Wellness Activities:
 - 2 Thai massages
 - 9 group fitness classes (Muay Thai, beach workout, indoor workout, or yoga)
 - 3 health & fitness workshops
 - 2 excursions or cultural activities (e.g., elephant sanctuary, Thai cooking class, Muay Thai fight night)
 - Support: Dedicated host and 24/7 WhatsApp support
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21 NIGHTS PACKAGE

\$4175

- Accommodation: 3-star beachfront hotel with double bed, mini fridge, private bathroom, wifi, television, and desk.
- Transportation: Private return airport transfer.
- Meals: Customized meal plan (for fat loss, body recomposition, or muscle gain) with amendments made weekly; 3 meals and 2 snacks per day; group welcome dinner on arrival; group farewell dinner on departure; TFC goodie bag.
- Wellness Activities:
 - 3 Thai massages
 - 18 group fitness classes (Muay Thai, beach workout, indoor workout, or yoga)
 - 6 health & fitness workshops
 - 3 private Muay Thai sessions
 - 6 private personal training sessions
 - 3 excursions or cultural activities (e.g., elephant sanctuary, Thai cooking class, Muay Thai fight night)
- Support: Dedicated host and 24/7 WhatsApp support

30 NIGHTS PACKAGE

\$5450

- Accommodation: 3-star beachfront hotel with double bed, mini fridge, private bathroom, wifi, television, and desk.
- Transportation: Private return airport transfer.
- Meals: Customized meal plan (for fat loss, body recomposition, or muscle gain) with amendments made weekly; 3 meals and 2 snacks per day; group welcome dinner on arrival; group farewell dinner on departure; TFC goodie bag.
- Wellness Activities:
 - 4 Thai massages
 - 24 group fitness classes (Muay Thai, beach workout, indoor workout, or yoga)
 - 8 health & fitness workshops
 - 4 private Muay Thai sessions
 - 8 private personal training sessions
 - 4 excursions or cultural activities (e.g., elephant sanctuary, Thai cooking class, Muay Thai fight night)
- Support: Dedicated host and 24/7 WhatsApp support

CORPORATE PACKAGE

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- All corporate packages are completely customized to your team's needs.
- Duration: Retreats are most successful with at least 5 days, including 1 off-site day. Ideal duration is 3-10 days, but longer stays can be accommodated.
- Budget: Includes transport, accommodation, meal allowance, fitness classes, and team activities. Contact us for assistance.
- Location: Based in Khao Lak, Thailand, with options to host in Phuket as well.
- Venue: Choose from multi-bedroom villas (with or without a private chef) or hotel stays with on-site kitchens for smaller groups.
- Structure: Blend of work, fitness, education, and team-building. Balance work tasks, fitness, and fun activities. Example: yoga or meditation on the beach, work sessions, rafting after lunch, Muay Thai in the afternoon, and evening bonding activities.
- Activities: Focus on team bonding, fitness, or cultural activities. Plan team meals with cuisine preferences and dietary restrictions in mind.

3 MONTH PACKAGE

\$9999

- Guaranteed Results
- Duration: 12-week stay in a 3-star beachfront hotel in Khao Lak.
- Accommodation: Each room with double bed, mini fridge, private bathroom, wifi, television, and desk.
- Transportation: Private return airport transfer.
- Meals: Customized meal plan (for fat loss, body recomposition, or muscle gain) with weekly amendments; 3 meals and 2 snacks per day; group welcome dinner on arrival; farewell dinner at a 5-star restaurant; TFC goodie bag.
- Wellness Activities:
 - 2 Thai massages per week
 - 2 private personal training sessions per week
 - Unlimited group fitness classes (Muay Thai, beach workout, indoor workout, or yoga)
 - Unlimited health & fitness workshops
 - 1 excursion or cultural activity (e.g., elephant sanctuary, Thai cooking class, Muay Thai fight night) per week
 - 2 private Muay Thai sessions per week.