



THAI BOXING

CLASSES

Practiced for centuries both by royalty and the working class, Muay Thai (Thai Kickboxing) has become an internationally recognized sport, and a world-wide phenomenon. What many don't know about Muay Thai, is that it's an empowering martial art that is filled with exhilaration, endurance and numerous fitness benefits.

Get fit and have a little fun punching and kicking with Cape Nidhra's Private Thai Kickboxing class.

Available from **Monday to Saturday**.

Please contact the front desk for more details.

Price: **1,200** Baht net per person per hour for private one-on-one classes.

Please reserve at the front desk 2 days in advance.



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