

MONGKOL

ESCAPES

	DAY 1: TUE 14 JUN 2022	DAY 2: WED 15 JUN 2022	DAY 3: THU 16 JUN 2022	DAY 4: FRI 17 JUN 2022
Early Morning		Morning Fit by selected class of Yoga, Meditation and boxing	Morning Fit by selected class of Yoga, Meditation and boxing	Morning Fit by selected class of Yoga, Meditation and boxing
Breakfast		Breakfast at hotel	Breakfast at hotel	Breakfast at hotel
Morning		Orientation of Thai Boxing	Cruise by Catamaran to secret sand dune in the middle of Andaman Sea for Muay Thai Training with Legendary Thai Boxer	HIIT Training on the beach of Naiyang
Lunch		Lunch at hotel	Lunch on private island	Picnic Lunch
Afternoon	Arrive Phuket and transfer to hotel for check in	Traditional Thai Way of Endurance Training	HIIT Training on the island with relaxing activities specially prepared for Mongkol Escape. End the afternoon with sound healing	Leisure or choice of active activities at the hotel
Evening	In-room dining at hotel	Welcome Dinner at hotel	Sunset cruise on Catamaran before back to hotel for easy dinner	Local Phuketian Dining Experience

Itinerary is subject to change as appropriate

MONGKOL

ESCAPES

	DAY 5: SAT 18 JUN 2022	DAY 6: SUN 19 JUN 2022	DAY 7: MON 20 JUN 2022	DAY 8: TUE 21 JUN 2022
Early Morning	Morning Fit by selected class of Yoga, Meditation and boxing	Morning Fit by selected class of Yoga, Meditation and boxing	Morning Fit by selected class of Yoga, Meditation and boxing	Morning Fit by selected class of Yoga, Meditation and boxing
Breakfast	Breakfast at hotel	Breakfast at hotel	Breakfast at hotel	Farewell Breakfast at hotel
Morning	Choice of active activities at the hotel	Your choice of: Local Experience Active Activities Training Activities @ hotel	HIIT Training on the beach of Naiyang	Check out and transfer to the airport
Lunch	Lunch at hotel	Lunch at hotel	Lunch at hotel	
Afternoon	Sea Canoe through the limestone cave	Leisure or choice of active activities at the hotel	Tournament Session at the hotel	
Evening	Local dinner on board	Casual Dinner at hotel follow by Mongkol Adornment Ceremony.	Final Fight & Farewell dinner	

Itinerary is subject to change as appropriate