Welcome Guide for Muay Thai Packages

23 Sukhonthasawat Road
Ladphrao, Ladphrao
Bangkok 10230 Thailand

23 ถนนสุคนธสวัสดิ์
แขวงลาดพร้าว เขตลาดพร้าว
กรุงเทพมหานคร 10230
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KST MUAY THAI - AREA OVERVIEW

Kiatthada Resort
(Your room)

Check-in at Khongsittha (15:00 – 20:00)
Check-in at Kiatthada Resort (12:00 – 23:30)

Khongsittha is closed on Mondays

Café Reverie
(Your food)

Khongsittha Muay Thai (KST)
(Your training gym)

Sukhonthasawat Road
ROOM CHECK-IN

Documents required
- Passport
- Ticket
- Cash/Credit Card for security deposit

1. Check-in is after 12:00 pm
2. Show your passport and ticket at the lobby
3. Security Deposit
   - 30 Days, 30 Nights Package = 10,000 THB*
   - Other Packages = 500 THB*

   ❖ The monthly security deposit of 10,000 THB will be returned to you at Check-out after deducting your utility usage (electricity and water) plus a cleaning fee of 500 THB.
   ❖ For other packages, the security deposit of 500 THB is for your room keycard.
**TRAINING TIMES**

- **8:30** – Running starts (if you don’t want to run, you can jump rope instead)
- **“Muay Thai”** – Program will include pad work, technique, clinching, sparring, and fitness
- Saturdays start at 10:30 and will finish around 11:45
- For safety concerns, no gym use is allowed outside of training hours!
- **Note**: for any scheduling changes, we will inform you when you arrive

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<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<tr>
<td><strong>Morning</strong></td>
<td>Closed</td>
<td>Muay Thai</td>
<td>Muay Thai</td>
<td>Muay Thai</td>
<td>Muay Thai</td>
<td>Strength &amp; Condition (10:30)</td>
<td>Wai Khru</td>
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<td>8:30-10:00</td>
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<td>15:00-16:30</td>
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- First training session is on your **Check-in Date at 15:00**
- Last training session is on your **Check-out Date at 8:30**

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**Opening Hours for KST Reception**

- 9:00 – 12:00
- 15:00 – 21:00
- (Sundays close at 18:00)

**Sundays:**
- If it is a Fight Night, we leave KST at 5 pm.
- Tickets are free!
FOOD COUPONS

- Your food coupons can be obtained at Café Reverie after checking-in at Khongsittha
- 1 coupon = one meal and one drink
- After each use, you’ll just need to sign your meal sheet
- The café is closed on Mondays

Recommendations:
1. Show the café the photos on the right
2. Protein shakes are the bomb!
3. Try our vegan desserts (you’d be surprised)
**DIRECTIONS FROM AIRPORT**

*Show this address and note to taxis:*

From Suvarnabhumi Airport

1. Queue up at the taxi line and show the address and note to the driver.
2. Take the highway towards Ramintra and take Kaset Nawamin Exit. Upon highway exit, take a left onto Kaset Nawamin Road.
3. On Kaset Nawamin Road, make a left at the first intersection towards Chok Chai 4.
4. Follow this road (Sukhonthasawat Road) all the way till the end (approx. 2 km). You will pass apartments and multiple restaurants.
5. At the end of this road, there is a forced left curve turn. You should have passed the golfing range called Kiatthada Driving Range.
6. Khongsittha Muay Thai will be on your right after the PTT NGV Gas Station and before the red light!
7. Your accommodation is located behind the gym at Kiatthada Resort.

From Don Muang Airport

1. Queue up at the taxi line and show the address and note to the driver.
2. Take the highway towards Ramintra and take Bang Khen Exit. Upon highway exit, take a left onto Kaset Nawamin Road.
3. Once on Kaset Nawamin Road, follow the road (through the tunnel) until the third large intersection to turn right towards Chok Chai 4.
4. Follow this road (Sukhonthasawat Road) all the way till the end (approx. 2 km). You will pass apartments and multiple restaurants.
5. At the end of this road, there is a forced left curve turn. You should have passed the golfing range called Kiatthada Driving Range.
6. Khongsittha Muay Thai will be located on your right after the PTT NGV Gas Station and before the red light!
7. Your accommodation is located behind the gym at Kiatthada Resort.
WHAT TO PACK

1. Running shoes
2. Sandals
3. Multiple pieces of exercise clothing
4. Muay Thai gear (optional)
   - Please note that this is not mandatory
   - You can buy a new gear set for cheap in Bangkok!
   - Lumpinee Stadium has a great shop (15-20 minutes away from KST depending on traffic)
5. Jeans or long pants
6. Smart casual attire
7. Allergy medications
8. Leave a bit of room in case you want to bring souvenirs back home!
FAQ

If you have a question that is not answered here or on our website, please email reservations@kstmuaythai.com

Tours and Activities – On Sundays, if fights are hosted, we will take you to the show. Tickets are free!

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Room Cleaning

1. Room cleaning is available at 300 THB per time.
2. Please contact the front desk when you want your room cleaned.

Laundry Options

1. Laundry coin machines are available near the lobby.
2. Laundry service is also available. Drop your laundry off at the front desk, fill in details, and you’ll have it back within 24 hours. Price will vary depending on the number of clothing articles.

Transportation

1. Download the mobile app: [Grab]
2. Always set your location for pick up to be **Khongsitha Muay Thai** rather than the resort, as it is easier for taxi drivers to access.
3. Don’t forget to show the note on the right (to get back to KST) if drivers get lost ————————————————————————————————————>

คงสิทธา มวยไทย
23 ถนนสุคนธสวัสดิ์ ลาดพร้าว

1. ขึ้นทางต่าง ลงเกษตรบรมมัน
2. เลี้ยวซ้ายออกเกษตร และเลี้ยวซ้ายไฟแดงแรกไปทางโชคชัย 4
3. อยู่ใกล้แยกโรงไม้ และซอยนาคนิวาส 48 ติดกับปั๊มน้ามัน **NGV** และ มินิบิ๊กซี่ (Mini Big C)
1. **Central Festival Eastville** – Eat at various restaurants, exchange money, get a haircut, get your nails done, do some groceries, watch a movie, or shop your heart out.

2. **Peppina** – Some of the best pizza you’ll find in Bangkok. Located in *Crystal Veranda*.

3. **Gentlemen’s Spa** – The perfect place (for men only) to relax and enjoy a pool, sauna, fresh fruit, and more.

4. **Alice Spa Massage** – The closest and most affordable massage spot. A five minute walk from the gym. (Note: Can ask for *Happy Ending* if that’s what you’re into)

5. **The Best Pad Thai** – Lat Phrao’s Best Pad Thai! Also serves a variety of other traditional Thai dishes.

6. **Ichiro** – A cheap all-you-can-eat Japanese grill experience.

7. **Arno Thai Sukhonthasawat 28** – Delicious local Thai eats featuring premium beef cuts.

8. **Sompong** – An incredible selection of fresh seafood cooked Thai style. They are super famous for their mangoes and sticky rice!

9. **Huamum Market** – A massive night market with awesome food, bars, and Thai style shopping.

10. **Health Land** – Authentic, clean, and professional Thai massage (all genders welcome).
# IMPORTANT CONTACTS

If you ever need help, just give us a call 😊

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<tr>
<th>Name</th>
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<tr>
<td>Khongsittha</td>
<td>02-932-9911</td>
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<td>KST Muay Thai</td>
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<td>Kiatthada Resort</td>
<td>02-935-4311</td>
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<tr>
<td>Bank</td>
<td>+66-94-549-9267</td>
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<tr>
<td>Dunk (English)</td>
<td>+66-87-800-9456</td>
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<tr>
<td>Matt (English)</td>
<td>+66-81-734-6677</td>
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