

WELCOME TO KHONGSITTHA

Welcome Guide for Muay Thai Packages



23 Sukhonthasawat Road
Ladphrao, Ladphrao
Bangkok 10230 Thailand

23 ถนนสุขนธสวัสดิ์
แขวงลาดพร้าว เขตลาดพร้าว
กรุงเทพมหานคร 10230

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KST MUAY THAI - AREA OVERVIEW



Sukhonthasawat Road



Kiatthada Resort
(Your room)



Café Reverie
(Your food)

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

Khongsittha is closed on Mondays



Khongsittha Muay Thai (KST)
(Your training gym)

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.*

Your ticket will look like this:



Ticket: KSTMT-T123
(KSTMT-123)
Paid in full
Williams, John
johnwilliams@example.com



Khongsittha Muay Thai
ID: 010554111199
+66878009456
dunk@kstmuythai.com
www.kstmuythai.com

Product	Quantity
Muay Thai Training in Bangkok 7 Days, 7 Nights Package Thu 20 Jun 2019	Adult (choose # of persons per room) : 2

Opening hours
Closed on Mon 09:00 to 21:00 Tue to Sat 09:00 to 18:00 on Sun

Thank you for booking with us!

To prepare for your trip, please check out our [Welcome Guide](#) for useful information regarding:

- What to pack
- Directions from the airport
- Frequently Asked Questions (FAQ)
- And other cool stuff you should know!

See you soon at Khongsittha Muay Thai

TRAINING TIMES

Opening Hours for KST Reception

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

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning 8:30-10:00	Closed	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Strength & Condition (10:30)	Wai Khru
Afternoon 15:00-16:30	Closed	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai

- 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

First training session is on your **Check-in Date at 15:00**

Last training session is on your **Check-out Date at 8:30**



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:

ดงสิทธา มวยไทย

23 ถนนสุคนธสวัสดิ์ ลาดพร้าว

1. ขึ้นทางด่วน ลงเกษตรนวมินทร์
2. เลี้ยวซ้ายออกเกษตร และเลี้ยวซ้ายไฟแดงแรกไปทางโชคชัย 4
3. อยู่ใกล้แยกโรงไม้ และซอยขนาดนิवास 48 ติดกับปั้มน้ำมัน NGV และ มินิบิ๊กซี



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@kstmuaithai.com

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

Wifi	Password
KTD_Resort_2	aabbcc2222
KTD_Resort_3	aabbcc3333
KTD_Resort_4	aabbcc4444
KTD_Resort_5	aabbcc5555
KTD_Resort_6	aabbcc6666
KTD_Resort_7	aabbcc7777

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

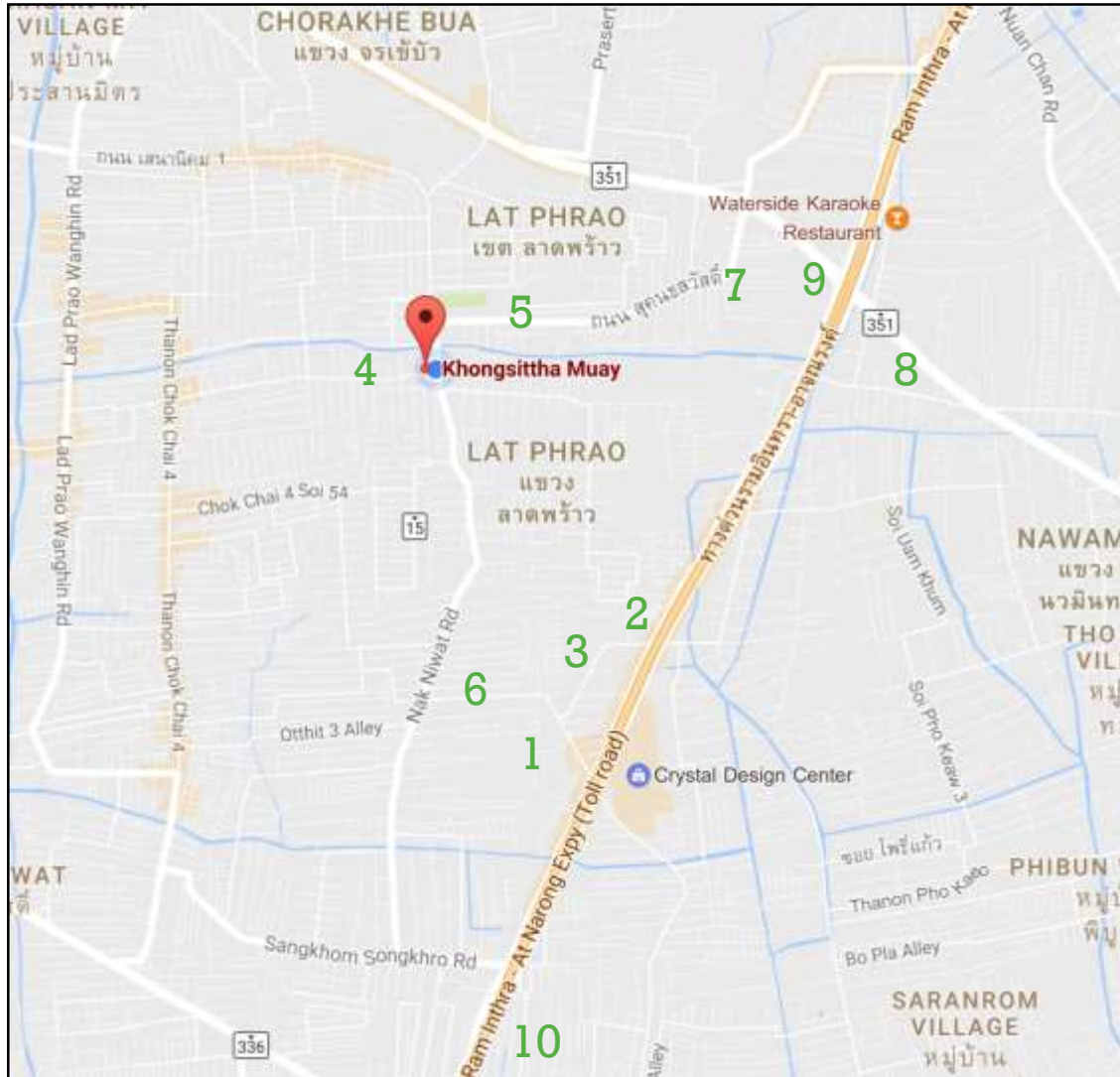
1. Download the mobile app: 
2. Always set your location for pick up to be **Khongsittha Muay Thai** rather than the resort, as it is easier for taxi drivers to access.
3. Don't forget to show the note on the right (to get back to KST) if drivers get lost ----->>>

ดงสิทธา มวยไทย

23 ถนนสุคนธรสวัสดิ์ ลาดพร้าว

1. ขึ้นทางด่วน ลงเลขตรนวมินทร์
2. เลี้ยวซ้ายออกเกษตร และเลี้ยวซ้ายไฟแดงแรกไปทางโชคชัย 4
3. อยู่ใกล้แยกโรงโม่ และซอยขนาดนิवास 48 ติดกับปั้มน้ำมัน **NGV** และมินิบิ๊กซี (**Mini Big C**)

SURROUNDINGS (RESTAURANTS & ACTIVITIES)



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 😊

Name	Number
Khongsittha KST Muay Thai	02-932-9911
Kiatthada Resort	02-935-4311 (Press 0 after auto message)
Bank	+66-94-549-9267
Dunk (English)	+66-87-800-9456
Matt (English)	+66-81-734-6677



**KHONGSITTHA
MUAY THAI**