



Telephone : 9767479486

www.goamuaythai.com

Facebook: goa muay thai

Thank you very much for your interest in Goa Muay Thai!

We will be happy to answer all of your questions about trainings, timings, classes, prices, merchandise etc. in person and at any time. However during training hours (16:30-18:45) we are focused on what we love doing most, training and teaching our students.... Feel free to watch us training or better sign up and start getting fit!

To help you answer any questions you might have, here are the most frequently asked ones:

- **Q: What time are your classes?**

A: Monday -Friday (16:45 -18:45)

- **Q: What are your prices?**

A: Single class Rs 500,-, week Rs2000,-, Month Rs 5000,-

- **Q: Can I buy fight wear?**

A: Yes, we sell Gloves Rs 2500, Shinguards Rs 750, Wraps Rs 250, Shorts Rs1000.Boxing bags and other training materials can be ordered and prices are on request.

- **Q: Who can join?**

A: Anyone from age 16 and up

- **Q: Can I come just to spar?**

A: The answer is no, the gym and the classes are only for members who signed up with Goa Muay Thai and train with us. If you would like to rent the boxing ring, please speak to the management of Tito's White House.

- **Q: I am out of shape/a beginner, can I train Muay Thai?**

A: Yes, we welcome everyone to train at Goa Muay Thai, please let us know if you start training with a specific goal, such as weight loss, self defense, cardio etc.

- **Q: What does a class look like?**

A: 15 min running, 30 min cardio, 45 min technique, pad work and light sparring, 15 min abdominal training.

Terms and conditions

1. Payments must be done prior to training.
2. Participating and entering the gym is at own risk
3. Goa Muay Thai has a strict **NO REFUND** policy.
4. Goa Muay Thai is not responsible for loss of training due to illness, injury or other emergency situations.
5. Goa Muay Thai is not responsible for any damage to or theft of personal belongings.
6. The trainings are done in English, please keep communication in English, also between fellow students.
7. The gym is closed on January first and Sundays, in case the trainer is not able to teach, Goa Muay Thai will try to schedule in a substitute trainer.
8. Students must inform trainer of any known health risks, injuries and other physical or mental problems in case they might interfere with the training.

House rules

1. Shoes are not allowed in the ring or on the mats.
2. Keep a disciplined and positive attitude during training.
3. Students are not allowed to enter the gym under the influence of alcohol or recreational drugs.
4. Jewelry such as bracelets, rings, necklaces and piercings are not to be worn during training or to be taped in such a way that there is no risk for the student or to other students.
5. Show up on time (15 minutes before the training) Coming late will result in at least 20 push-ups!

6. Respect all training materials and treat them with proper care, clean them up after training.
7. Maintain personal hygiene, short nails, clean clothes, proper gym attire (no swim shorts/beach shorts/bikini) any cuts or open wounds must be taped.
8. Respect staff, other students and visitors of the premises, no obscene, racist, sexist or foul language is accepted.