

CLASS OF JUNE 2026

VIVA JIVA FIT

Reservation is required

Line OA : @vivajiva

T : 02 262 8125

E : vivajivafit@lancasterbangkok.com

W : vivajivaspa.com



*Classes are subject to change or cancel without prior notice

**Class will be cancelled if there are no participants 15 minutes after starting time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 9 AM Core Abs 6.30 PM Flow Yoga by Kru Natt	02 9 AM Basic Aerobic 6.30 PM Muay Thai	03 9 AM Body Weight 6.30 PM Flow Yoga by Kru Ton	04 9 AM Core Abs 6.30 PM Circuit HIIT	05 9 AM TRX 6.30 PM Flow Yoga by Kru Natt	06 10 AM Core Abs 2 PM Body Weight	07 10 AM Basic Aerobic 2 PM Circuit Strength
08 9 AM Body Weight 5.30 PM Flow Yoga by Kru Natt 6.45 PM Flow Yoga by Kru Natt	09 9 AM Core Abs 6.30 PM Mat Pilates by Kru Nok	10 9 AM Basic Aerobic 6.30 PM Flow Yoga by Kru Ton	11 9 AM Muay Thai 6.30 PM Circuit HIIT	12 9 AM Stretching 6.30 PM Circuit Strength	13 10 AM Core Abs 2 PM TRX	14 10 AM Stretching 2 PM Body Weight
15 9 AM Circuit Strength 5.30 PM Flow Yoga by Kru Natt 6.45 PM Flow Yoga by Kru Natt	16 9 AM Body Weight 6.30 PM Muay Thai by Kru Wing	17 9 AM Circuit Strength 6.30 PM Flow Yoga by Kru Ton	18 9 AM Stretching 6.30 PM Circuit Strength	19 9 AM Body Weight 6.30 PM Flow Yoga by Kru Natt	20 10 AM Circuit Strength 2 PM TRX	21 10 AM Stretching 2 PM Core Abs
22 9 AM Muay Thai 5.30 PM Flow Yoga by Kru Natt 6.45 PM Flow Yoga by Kru Natt	23 9 AM Body Weight 6.30 PM Mat Pilates by Kru Nok	24 9 AM Circuit Strength 6.30 PM Flow Yoga by Kru Ton	25 9 AM TRX 6.30 PM Circuit HIIT	26 9 AM Circuit HIIT 6.30 PM Flow Yoga by Kru Natt	27 10 AM Stretching 2 PM Circuit Strength	28 10 AM Circuit HIIT 2 PM TRX
29 9 AM TRX 5.30 PM Flow Yoga by Kru Natt 6.45 PM Flow Yoga by Kru Natt	30 9 AM Circuit HIIT 6.30 PM Muay Thai by Kru Wing					