

CLASS OF MAY 2025

VIVA JIVA FIT

Reservation is required

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*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 Body Weight 6.30 PM Circuit Functional	02 9 AM Circuit HIIT 6.30 PM Flow Yoga by Kru Nat	03 10 AM Circuit Functional 4 PM Body Weight	04 10 AM Muay Thai (Beginner) 4 PM Stretching
05 9 AM Circuit Strength 6.30 PM Core Abs	06 9 AM Circuit HIIT 6.30 PM Muay Thai (Beginner)	07 9 AM Core Abs 6.30 PM Flow Yoga by Kru Ton	08 9 AM TRX 6.30 PM Body Weight	09 9 AM Muay Thai (Beginner) 6.30 PM Yogalates by Kru Nat	10 10 AM Stretching 4 PM Core Abs	11 10 AM Circuit Functional 4 PM Body Weight
12 9 AM Circuit HIIT 6.30 PM Core Abs	13 9 AM TRX 6.30 PM Basic Aerobic	14 9 AM Core Abs 6.30 PM Flow Yoga by Kru Ton	15 9 AM Muay Thai (Beginner) 6.30 PM Body Weight	16 9 AM Circuit Strength 6.30 PM Flow Yoga by Kru Nat	17 10 AM Circuit HIIT 4 PM Muay Thai (Beginner)	18 10 AM Circuit Functional 4 PM Core Abs
19 9 AM Body Weight 6.30 PM Flow Yoga by Kru Nat	20 9 AM Stretching 6.30 PM Circuit Strength	21 9 AM Muay Thai (Beginner) 6.30 PM Flow Yoga by Kru Ton	22 9 AM Circuit HIIT 6.30 PM Body Weight	23 9 AM Circuit Functional 6.30 PM Flow Yoga by Kru Nat	24 10 AM TRX 4 PM Muay Thai (Beginner)	25 10 AM Stretching 4 PM Core Abs
26 9 AM Core Abs 6.30 PM Yogalates by Kru Nat	27 9 AM Stretching 6.30 PM Basic Aerobic	28 9 AM Body Weight 6.30 PM Flow Yoga by Kru Ton	29 9 AM Core Abs 6.30 PM Body Weight	30 9 AM Stretching 6.30 PM Flow Yoga by Kru Nat	31 10 AM TRX 4 PM Circuit Strength	