

# Activity Class Of November 2023

# VIVA JIVA FIT

Weekday Daily Class						Weekend Daily Class			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
TIME / DATE				1	2	3	TIME / DATE	4	5
09.00 AM - 10.00 AM				Mat Pilates	Core Abs	Body Weight	10.00-11.00 AM	Muay Thai	Body Weight
6.45 PM - 7.45 PM				Muay Thai	Circuit HIIT	Flow Yoga	14.00-15.00 PM	Circuit Functional	TRX
TIME / DATE		6	7	8	9	10	TIME / DATE	11	12
09.00 AM - 10.00 AM		Core Abs	Stretching	Muay Thai	Circuit Strength	Circuit HIIT	10.00-11.00 AM	Stretching	Circuit Strength
6.45 PM - 7.45 PM		Muay Thai	Circuit HIIT	Mat Pilates	Body Weight	Flow Yoga	14.00-15.00 PM	TRX	Body Weight
TIME / DATE		13	14	15	16	17	TIME / DATE	18	19
09.00 AM - 10.00 AM		Circuit Strength	Stretching	Circuit Functional	Core Abs	Muay Thai	10.00-11.00 AM	Mat Pilates	Core Abs
6.45 PM - 7.45 PM		Flow Yoga	TRX	Body Weight	Circuit Functional	Flow Yoga	14.00-15.00 PM	Circuit Strength	Muay Thai
TIME / DATE		20	21	22	23	24	TIME / DATE	25	26
09.00 AM - 10.00 AM		Core Abs	TRX	Muay Thai	Stretching	Circuit HIIT	10.00-11.00 AM	Stretching	Circuit HIIT
6.45 PM - 7.45 PM		Flow Yoga	Circuit HIIT	Mat Pilates	Body Weight	Flow Yoga	14.00-15.00 PM	Muay Thai	Body Weight
TIME / DATE		27	28	29	30		TIME / DATE		
09.00 AM - 10.00 AM		Circuit HIIT	Stretching	Muay Thai	Core Abs		10.00-11.00 AM		
6.45 PM - 7.45 PM		Flow Yoga	Body Weight	Mat Pilates	TRX		14.00-15.00 PM		

\*Classes are subject to change or cancellation without prior notice  
 \*\*Class will be cancelled if there are no participants 15 minutes after starting time

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