

# CLASS OF FEBRUARY 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 10 AM Circuit HIIT  4 PM Basic Aerobic
02 9 AM Body Weight 5.30 PM Flow Yoga by Kru Natt 6.45 PM Flow Yoga by Kru Natt	03 9 AM Circuit Functional  6.30 PM Basic Aerobic	04 9 AM Stretching  6.30 PM Flow Yoga by Kru Ton	05 9 AM Core Abs  6.30 PM Circuit HIIT	06 9 AM Muay Thai  6.30 PM Flow Yoga by Kru Natt	07 10 AM Basic Aerobic  4 PM Circuit Functional	08 10 AM Body Weight  4 PM TRX
09 9 AM Circuit HIIT 5.30 PM Yogalates by Kru Natt 6.45 PM Yogalates by Kru Natt	10 9 AM Stretching  6.30 PM Circuit HIIT	11 9 AM Body Weight  6.30 PM Flow Yoga by Kru Ton	12 9 AM Muay Thai  6.30 PM Circuit HIIT	13 9 AM Circuit Strength  6.30 PM Flow Yoga by Kru Natt	14 10 AM TRX  4 PM Muay Thai	15 10 AM Core Abs  4 PM Circuit Strength
16 9 AM Core Abs 5.30 PM Flow Yoga by Kru Natt 6.45 PM Flow Yoga by Kru Natt	17 9 AM Muay Thai  6.30 PM Basic Aerobic	18 9 AM TRX  6.30 PM Flow Yoga by Kru Ton	19 9 AM Stretching  6.30 PM Circuit HIIT	20 9 AM Core Abs  6.30 PM Flow Yoga by Kru Natt	21 10 AM Body Weight  4 PM Circuit Functional	22 10 AM Muay Thai  4 PM TRX
23 9 AM Core Abs 5.30 PM Flow Yoga by Kru Natt 6.45 PM Flow Yoga by Kru Natt	24 9 AM Stretching  6.30 PM Circuit Strength	25 9 AM Body Weight  6.30 PM Flow Yoga by Kru Ton	26 9 AM Basic Aerobic  6.30 PM Circuit HIIT	27 9 AM TRX  6.30 PM Yogalates by Kru Natt	28 10 AM Body Weight  4 PM Circuit Strength	