

Activity Class Of August 2022

VIVA JIVA FIT

Weekday Daily Class					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIME / DATE	1	2	3	4	5
09.00 AM - 10.00 AM	Circuit HIIT	Muay Thai			Body Weight
6.45 PM - 7.45 PM	Body Weight	TRX	Core Abs	Circuit Burn	Flow Yoga
TIME / DATE	8	9	10	11	12
09.00 AM - 10.00 AM			Circuit HIIT	Core Abs	Circuit Strength
6.45 PM - 7.45 PM	Flow Yoga	Body Weight	TRX	Muay Thai	Body Weight
TIME / DATE	15	16	17	18	19
09.00 AM - 10.00 AM	Mat Pilates	Circuit HIIT	Circuit Strength	TRX	Body Weight
6.45 PM - 7.45 PM	Circuit Functional	Stretching	Body Weight	Muay Thai	Flow Yoga
TIME / DATE	22	23	24	25	26
09.00 AM - 10.00 AM	Core Abs	Circuit Burn	Stretching	TRX	Core Abs
6.45 PM - 7.45 PM	Flow Yoga	Muay Thai	Core Abs	Circuit Burn	Circuit Burn
TIME / DATE	29	30	31		
09.00 AM - 10.00 AM	Circuit Burn	Circuit Functional	Body Weight		
6.45 PM - 7.45 PM	Flow Yoga	Core Abs	Circuit Burn		

Weekend Daily Class		
	SATURDAY	SUNDAY
TIME / DATE	6	7
10.00-11.00 AM	Stretching	Core Abs
14.00-15.00 PM	TRX	Circuit Burn
TIME / DATE	13	14
10.00-11.00 AM	Body Weight	Circuit Functional
14.00-15.00 PM	Core Abs	Muay Thai
TIME / DATE	20	21
10.00-11.00 AM	TRX	Core Abs
14.00-15.00 PM	Circuit Strength	Mat Pilates
TIME / DATE	27	28
10.00-11.00 AM	Circuit Burn	Mat Pilates
14.00-15.00 PM	Stretching	Circuit HIIT

*Classes isubject to change or cancellation without prior notice

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

Viva Jiva Fit at Lancaster Bangkok 1777 New Petchburi Road, Huaykwang, Bangkok 10310, Thailand

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