

CLASS OF MAY 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 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Body Weight	02 <u>10 AM</u> Stretching <u>4 PM</u> Circuit Strength	03 <u>10 AM</u> Basic Aerobic <u>4 PM</u> Body Weight
04 <u>9 AM</u> Core Abs <u>6.30 PM</u> Flow Yoga by Kru Natt	05 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Muay Thai by Kru Wing	06 <u>9 AM</u> Stretching <u>6.30 PM</u> Flow Yoga by Kru Ton	07 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Circuit HIIT	08 <u>9 AM</u> Core Abs <u>6.30 PM</u> Flow Yoga by Kru Natt	09 <u>10 AM</u> Circuit Strength <u>4 PM</u> TRX	10 <u>10 AM</u> Muay Thai <u>4 PM</u> Stretching
11 <u>9 AM</u> Core Abs <u>5.30 PM</u> Flow Yoga by Kru Natt <u>6.45 PM</u> Flow Yoga by Kru Natt	12 <u>9 AM</u> Circuit Functional <u>6.30 PM</u> Mat Pilates by Kru Nok	13 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Flow Yoga by Kru Ton	14 <u>9 AM</u> TRX <u>6.30 PM</u> Circuit HIIT	15 <u>9 AM</u> Core Abs <u>6.30 PM</u> Flow Yoga by Kru Natt	16 <u>10 AM</u> Body Weight <u>4 PM</u> Muay Thai	17 <u>10 AM</u> Stretching <u>4 PM</u> Circuit Strength
18 <u>9 AM</u> Basic Aerobic <u>5.30 PM</u> Flow Yoga by Kru Natt <u>6.45 PM</u> Flow Yoga by Kru Natt	19 <u>9 AM</u> Circuit Functional <u>6.30 PM</u> Muay Thai by Kru Wing	20 <u>9 AM</u> Body Weight <u>6.30 PM</u> Flow Yoga by Kru Ton	21 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Circuit HIIT	22 <u>9 AM</u> Circuit Functional <u>6.30 PM</u> Flow Yoga by Kru Natt	23 <u>10 AM</u> Muay Thai <u>4 PM</u> Circuit Strength	24 <u>10 AM</u> Body Weight <u>4 PM</u> Core Abs
25 <u>9 AM</u> TRX <u>5.30 PM</u> Flow Yoga by Kru Natt <u>6.45 PM</u> Flow Yoga by Kru Natt	26 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Mat Pilates by Kru Nok	27 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Flow Yoga by Kru Ton	28 <u>9 AM</u> Core Abs <u>6.30 PM</u> Circuit HIIT	29 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Natt	30 <u>10 AM</u> Body Weight <u>4 PM</u> Muay Thai	31 <u>10 AM</u> Stretching <u>4 PM</u> Circuit Functional