

CLASS OF MARCH 2025

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