

CLASS OF NOVEMBER 2025

VIVA JIVA FIT

Reservation is required

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*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>10 AM</u> TRX <u>4 PM</u> Basic Aerobic	02 <u>10 AM</u> Body Weight <u>4 PM</u> Muay Thai
03 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Yogalates by Kru Natt	04 <u>9 AM</u> Circuit Strength <u>6.30 PM</u> Basic Aerobic	05 <u>9 AM</u> Core Abs <u>6.30 PM</u> Flow Yoga by Kru Ton	06 <u>9 AM</u> Stretching <u>6.30 PM</u> Body Weight	07 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Natt	08 <u>10 AM</u> Circuit HIIT <u>4 PM</u> Core Abs	09 <u>10 AM</u> Stretching <u>4 PM</u> Circuit Strength
10 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Flow Yoga by Kru Natt	11 <u>9 AM</u> Body Weight <u>6.30 PM</u> Circuit HIIT	12 <u>9 AM</u> Circuit Functional <u>6.30 PM</u> Flow Yoga by Kru Ton	13 <u>9 AM</u> Stretching <u>6.30 PM</u> Circuit Functional	14 <u>9 AM</u> Circuit Strength <u>6.00 PM</u> Yogalates by Kru Natt	15 <u>10 AM</u> Muay Thai <u>4 PM</u> Stretching	16 <u>10 AM</u> TRX <u>4 PM</u> Circuit HIIT
17 <u>9 AM</u> Core Abs <u>6.30 PM</u> Flow Yoga by Kru Natt	18 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Basic Aerobic	19 <u>9 AM</u> Circuit Strength <u>6.30 PM</u> Flow Yoga by Kru Ton	20 <u>9 AM</u> Body Weight <u>6.30 PM</u> Circuit Functional	21 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Natt	22 <u>10 AM</u> Body Weight <u>4 PM</u> Circuit HIIT	23 <u>10 AM</u> Basic Aerobic <u>4 PM</u> Muay Thai
24 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Yogalates by Kru Natt	25 <u>9 AM</u> Core Abs <u>6.30 PM</u> Circuit Functional	26 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Flow Yoga by Kru Ton	27 <u>9 AM</u> TRX <u>6.30 PM</u> Circuit Functional	28 <u>9 AM</u> Circuit Strength <u>6.30 PM</u> Flow Yoga by Kru Dee	29 <u>10 AM</u> Body Weight <u>4 PM</u> Circuit Strength	30 <u>10 AM</u> TRX <u>4 PM</u> Core Abs