

CLASS OF OCTOBER 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 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Flow Yoga by Kru Ton	02 <u>9 AM</u> Core Abs <u>6.30 PM</u> Circuit Strength	03 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Flow Yoga by Kru Natt	04 <u>10 AM</u> Stretching <u>4 PM</u> TRX	05 <u>10 AM</u> Body Weight <u>4 PM</u> Basic Aerobic
06 <u>9 AM</u> Stretching <u>6.00 PM</u> Yogalates by Kru Natt	07 <u>9 AM</u> - <u>6.30 PM</u> -	08 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Flow Yoga by Kru Ton	09 <u>9 AM</u> Core Abs <u>6.30 PM</u> Circuit Functional	10 <u>9 AM</u> Body Weight <u>6.30 PM</u> Flow Yoga by Kru Natt	11 <u>10 AM</u> Body Weight <u>4 PM</u> Muay Thai	12 <u>10 AM</u> Circuit HIIT <u>4 PM</u> TRX
13 <u>9 AM</u> Body Weight <u>6.30 PM</u> TRX	14 <u>9 AM</u> Stretching <u>6.30 PM</u> Muay Thai	15 <u>9 AM</u> Circuit Functional <u>6.30 PM</u> Flow Yoga by Kru Ton	16 <u>9 AM</u> Core Abs <u>6.30 PM</u> Circuit HIIT	17 <u>9 AM</u> Circuit Strength <u>6.30 PM</u> Yogalates by Kru Natt	18 <u>10 AM</u> Core Abs <u>4 PM</u> Circuit HIIT	19 <u>10 AM</u> Basic Aerobic <u>4 PM</u> Muay Thai
20 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Flow Yoga by Kru Nut	21 <u>9 AM</u> Core Abs <u>6.30 PM</u> Basic Aerobic	22 <u>9 AM</u> Stretching <u>6.30 PM</u> Flow Yoga by Kru Ton	23 <u>9 AM</u> Core Abs <u>6.30 PM</u> Circuit Functional	24 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Ton	25 <u>10 AM</u> Circuit Strength <u>4 PM</u> Circuit Functional	26 <u>10 AM</u> Muay Thai <u>4 PM</u> Core Abs
27 <u>9 AM</u> Body Weight <u>6.30 PM</u> Flow Yoga by Kru Natt	28 <u>9 AM</u> Circuit Functional <u>6.30 PM</u> Muay Thai	29 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Ton	30 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Circuit HIIT	31 <u>9 AM</u> Stretching <u>6.30 PM</u> Flow Yoga by Kru Natt		