

Activity Class Of May

VIVA JIVA FIT

Weekday Daily Class					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIME / DATE	2	3	4	5	6
19:00 - 20:00 PM	Fit Burn	Circuit Strength	Beginner yoga	Core Abs	VJ Foundations
TIME / DATE	9	10	11	12	13
19:00 - 20:00 PM	K.Pui / K.Nat	K.Pui / K.Nat	K.Pui / K.Nat	K.Pui / K.Nat	K.Pui / K.Nat
TIME / DATE	16	17	18	19	20
19:00 - 20:00 PM		Flow yoga		Body Weight	Fit Burn
TIME / DATE	23	24	25	26	27
19:00 - 20:00 PM	Core Abs	Circuit Strength	Fit Burn	TRX	
TIME / DATE	30	31			
19:00 - 20:00 PM	TRX	Thai Boxing			

Weekend Daily Class		
	SATURDAY	SUNDAY
TIME / DATE		1
10.00-11.00 AM		Circuit Strength
14.00-15.00 PM		Body Weight
TIME / DATE	7	8
10.00-11.00 AM	Fit Burn	Body Weight
14.00-15.00 PM	Thai Boxing	Core Abs
TIME / DATE	14	15
10.00-11.00 AM	Body Weight	Core Abs
14.00-15.00 PM	TRX	Thai Boxing
TIME / DATE	21	22
10.00-11.00 AM	Thai Boxing	Stretching yoga
14.00-15.00 PM	TRX	Thai Boxing
TIME / DATE	28	29
10.00-11.00 AM	Thai Boxing	Flow yoga
14.00-15.00 PM	Fit Burn	Circuit Strength

- Yoga Beginners** : Beginner's yoga classes introduce guests to the fundamental principles of this ancient discipline.
- Gentle Flow Yoga** : Is designed to revitalise the body while synchronizing movements with breath for the perfect mind and body connection.
- Stretching** : Stretching classes that give you group instruction for stretching your body from head to toe.
- Core Abs** : An exercise for abdominal muscles and core muscles.
- Body Weight** : An exercise without equipment. The exercise posture can efficiently burn away body fat by performed using body weight as an aid to exercise.
- Fit burn** : A form of Interval Exercise (exercise between light and heavy exercise) will efficiently help burn away body fat around body part.
- TRX** : Full-body strength workout that utilizes a person's own body weight instead of relying on machines or dumbbells. It's good for endurance athletes, power lifters, and fitness newbies alike.
- Freestyle Dance** : Dance that usually involves body movement pulling together a bunch of dance moves and fitting them to the music.

*Classes are +A8:134 subject to change or cancellation without prior notice
 **Class will be cancelled if there are no participants 15 minutes after starting time
 ***Please wear loose and comfortable clothing that will allow you to move freely
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