

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