

CLASS OF JULY 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>9 AM</u> Stretching <u>6.30 PM</u> Muay Thai	02 <u>9 AM</u> Body Weight <u>6.30 PM</u> Flow Yoga by Kru Ton	03 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Body Weight	04 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Flow Yoga by Kru Nat	05 <u>10 AM</u> Core Abs <u>4 PM</u> Circuit HIIT	06 <u>10 AM</u> Stretching <u>4 PM</u> Body Weight
07 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Yogalates by Kru Nat	08 <u>9 AM</u> Body Weight <u>6.30 PM</u> TRX	09 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Flow Yoga by Kru Ton	10 <u>9 AM</u> Stretching <u>6.30 PM</u> Circuit HIIT	11 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Nat	12 <u>10 AM</u> Circuit Strength <u>4 PM</u> Basic Aerobic	13 <u>10 AM</u> Stretching <u>4 PM</u> Body Weight
14 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Nat	15 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Core Abs	16 <u>9 AM</u> Body Weight <u>6.30 PM</u> Flow Yoga by Kru Ton	17 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Circuit Functional	18 <u>9 AM</u> Stretching <u>6.30 PM</u> Flow Yoga by Kru Nat	19 <u>10 AM</u> Body Weight <u>4 PM</u> Core Abs	20 <u>10 AM</u> Basic Aerobic <u>4 PM</u> Circuit Strength
21 <u>9 AM</u> Body Weight <u>6.30 PM</u> Yogalates by Kru Nat	22 <u>9 AM</u> Circuit Functional <u>6.30 PM</u> Circuit HIIT	23 <u>9 AM</u> Muay Thai <u>7 PM</u> Flow Yoga by Kru Nat	24 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Body Weight	25 <u>9 AM</u> Circuit Strength <u>6.30 PM</u> Flow Yoga by Kru Nat	26 <u>10 AM</u> Stretching <u>4 PM</u> Circuit HIIT	27 <u>10 AM</u> Circuit HIIT <u>4 PM</u> Circuit Functional
28 <u>9 AM</u> Circuit Functional <u>6.30 PM</u> Basic Aerobic	29 <u>9 AM</u> TRX <u>6.30 PM</u> Body Weight	30 <u>9 AM</u> Stretching <u>6.30 PM</u> Flow Yoga by Kru Ton	31 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Body Weight			