## VIVA JIVA FIT

## CLASS OF JULY 2025

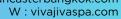
\*Classes are subject to change or cancel without prior notice

\*\*Class will be cancelled if there are no participants 15 minutes after starting time

## Reservation is required

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