

GYM CLASS OF SEPTEMBER 2024

1 SUN 10 AM Mat Pilates 4 PM TRX	2 MON 9 AM Circuit HIIT 6.30 PM Flow Yoga by Kru Nat	3 TUE 9 AM Muay Thai 6.30 PM TRX	4 WED 9 AM Stretching 6.30 PM Flow Yoga by Kru Ton	5 THU 9 AM Core Abs 6.30 PM Circuit Strength	6 FRI 9 AM Circuit Functional 6.30 PM Flow Yoga by Kru Nat	7 SAT 10 AM Core Abs 4 PM Mat Pilates
8 SUN 10 AM Stretching 4 PM Body Weight	9 MON 9 AM Core Abs 6.30 PM Flow Yoga by Kru Nat	10 TUE 9 AM TRX 6.30 PM Muay Thai	11 WED 9 AM Stretching 6.30 PM Flow Yoga by Kru Ton	12 THU 9 AM Body Weight 6.30 PM Circuit Strength	13 FRI 9 AM Circuit HIIT 6.30 PM Yoga+Pilates by Kru Nat	14 SAT 10 AM Mat Pilates 4 PM Core Abs
15 SUN 10 AM Muay Thai 4 PM TRX	16 MON 9 AM Circuit Functional 6.30 PM Body Weight	17 TUE 9 AM Muay Thai 6.30 PM TRX	18 WED 9 AM Stretching 6.30 PM Flow Yoga by Kru Ton	19 THU 9 AM Circuit Strength 6.30 PM Core Abs	20 FRI 9 AM Circuit Functional 6.30 PM Flow Yoga by Kru Nat	21 SAT 10 AM Stretching 4 PM Core Abs
22 SUN 10 AM Body Weight 4 PM Mat Pilates	23 MON 9 AM Core Abs 6.30 PM Flow Yoga by Kru Nat	24 TUE 9 AM TRX 6.30 PM Muay Thai	25 WED 9 AM Stretching 6.30 PM Flow Yoga by Kru Ton	26 THU 9 AM Circuit Strength 6.30 PM Body Weight	27 FRI 9 AM Circuit HIIT 6.30 PM Yoga+Pilates by Kru Nat	28 SAT 10 AM Body Weight 4 PM Mat Pilates
29 SUN 10 AM Muay Thai 4 PM TRX	30 MON 9 AM Circuit Functional 6.30 PM Flow Yoga by Kru Nat	*Classes are subject to change or cancellation without prior notice **Class will be cancelled if there are no participants 15 minutes after starting time				

Reservation is required

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