

Activity Class Of September 2023

VIVA JIVA FIT

Weekday Daily Class						Weekend Daily Class			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
TIME / DATE						1	TIME / DATE	2	3
09.00 AM - 10.00 AM						Stretching	10.00-11.00 AM	Body Weight	TRX
6.45 PM - 7.45 PM						Flow Yoga	14.00-15.00 PM	Circuit Functional	Body Weight
TIME / DATE	4	5	6	7	8		TIME / DATE	9	10
09.00 AM - 10.00 AM	Muay Thai	Core Abs	Mat Pilates	Core Abs	Circuit Strength		10.00-11.00 AM	Stretching	Circuit Strength
6.45 PM - 7.45 PM	Flow Yoga	Body Weight	Muay Thai	Circuit HIIT	Flow Yoga		14.00-15.00 PM	Circuit HIIT	Muay Thai
TIME / DATE	11	12	13	14	15		TIME / DATE	16	17
09.00 AM - 10.00 AM	TRX	Stretching	Body Weight	Circuit Functional	Muay Thai		10.00-11.00 AM	Body Weight	Core Abs
6.45 PM - 7.45 PM	Muay Thai	Circuit HIIT	Circuit Functional	Core Abs	Stretching		14.00-15.00 PM	Circuit Functional	Body Weight
TIME / DATE	18	19	20	21	22		TIME / DATE	23	24
09.00 AM - 10.00 AM	Circuit Functional	Muay Thai	Core Abs	Stretching	Body Weight		10.00-11.00 AM	Mat Pilates	Core Abs
6.45 PM - 7.45 PM	Stretching	Circuit HIIT	Body Weight	Circuit Strength	Muay Thai		14.00-15.00 PM	TRX	Body Weight
TIME / DATE	25	26	27	28	29		TIME / DATE	30	
09.00 AM - 10.00 AM	Circuit Functional	Stretching	Muay Thai	Body Weight	TRX		10.00-11.00 AM	Muay Thai	
6.45 PM - 7.45 PM	Muay Thai	Core Abs	Circuit HIIT	Circuit Strength	Mat Pilates		14.00-15.00 PM	Circuit HIIT	

*Classes are subject to change or cancellation without prior notice
 **Class will be cancelled if there are no participants 15 minutes after starting time

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