

CLASS OF JANUARY 2026

VIVA JIVA FIT

Reservation is required

Line OA : @vivajiva

T : 02 262 8125

E : vivajivafit@lancasterbangkok.com

W : vivajivaspa.com



*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> Core Abs <u>6.30 PM</u> Circuit Functional	02 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Yogalates by Kru Natt	03 <u>10 AM</u> TRX <u>4 PM</u> Circuit Strength	04 <u>10 AM</u> Stretching <u>4 PM</u> Muay Thai
05 <u>9 AM</u> Basic Aerobic <u>5.30 PM</u> Flow Yoga by Kru Natt <u>6.45 PM</u> Flow Yoga by Kru Natt	06 <u>9 AM</u> Core Abs <u>6.30 PM</u> Muay Thai	07 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Ton	08 <u>9 AM</u> Core Abs <u>6.30 PM</u> Circuit Functional	09 <u>9 AM</u> Circuit HIIT <u>6.45 PM</u> Flow Yoga by Kru Natt	10 <u>10 AM</u> Muay Thai <u>4 PM</u> Circuit Strength	11 <u>10 AM</u> Stretching <u>4 PM</u> Circuit HIIT
12 <u>9 AM</u> Body Weight <u>5.30 PM</u> Flow Yoga by Kru Natt <u>6.45 PM</u> Flow Yoga by Kru Natt	13 <u>9 AM</u> Stretching <u>6.30 PM</u> Muay Thai	14 <u>9 AM</u> Basic Aerobic <u>6.30 PM</u> Flow Yoga by Kru Ton	15 <u>9 AM</u> TRX <u>6.30 PM</u> Circuit Functional	16 <u>9 AM</u> Core Abs <u>6.30 PM</u> Yogalates by Kru Natt	17 <u>10 AM</u> Stretching <u>4 PM</u> Circuit Strength	18 <u>10 AM</u> TRX <u>4 PM</u> Basic Aerobic
19 <u>9 AM</u> Body Weight <u>5.30 PM</u> Flow Yoga by Kru Natt <u>6.45 PM</u> Flow Yoga by Kru Natt	20 <u>9 AM</u> Circuit HIIT <u>6.30 PM</u> Basic Aerobic	21 <u>9 AM</u> Core Abs <u>6.30 PM</u> Flow Yoga by Kru Ton	22 <u>9 AM</u> Body Weight <u>6.30 PM</u> Circuit Functional	23 <u>9 AM</u> TRX <u>6.30 PM</u> Flow Yoga by Kru Natt	24 <u>10 AM</u> Circuit HIIT <u>4 PM</u> Circuit Strength	25 <u>10 AM</u> Stretching <u>4 PM</u> Circuit HIIT
26 <u>9 AM</u> Body Weight <u>5.30 PM</u> Flow Yoga by Kru Natt <u>6.45 PM</u> Flow Yoga by Kru Natt	27 <u>9 AM</u> TRX <u>6.30 PM</u> Circuit HIIT	28 <u>9 AM</u> Muay Thai <u>6.30 PM</u> Flow Yoga by Kru Ton	29 <u>9 AM</u> Core Abs <u>6.30 PM</u> Circuit Functional	30 <u>9 AM</u> TRX <u>6.45 PM</u> Yogalates by Kru Natt	31 <u>10 AM</u> Muay Thai <u>4 PM</u> Circuit Strength	