

# CLASS OF JANUARY 2026

VIVA JIVA FIT

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