

GYM CLASS OF NOVEMBER 2024

1 FRI 9 AM Stretching 6.30 PM Flow Yoga by Kru Nat	2 SAT 10 AM Circuit HIIT 4 PM Body Weight	3 SUN 10 AM Muay Thai 4 PM Stretching	4 MON 9 AM Body Weight 6.30 PM Yoga+Pilates by Kru Nat	5 TUE 9 AM Circuit Strength 6.30 PM Mat Pilates
6 WED 9 AM Core Abs 6.30 PM Flow Yoga by Kru Ton	7 THU 9 AM Muay Thai 6.30 PM Body Weight	8 FRI 9 AM Circuit HIIT 6.30 PM Flow Yoga by Kru Nat	9 SAT 10 AM Circuit Strength 4 PM TRX	10 SUN 10 AM Circuit Functional 4 PM Core Abs
11 MON 9 AM TRX 6.30 PM Flow Yoga by Kru Nat	12 TUE 9 AM Circuit Functional 6.30 PM Muay Thai	13 WED 9 AM Body Weight 6.30 PM Flow Yoga by Kru Ton	14 THU 9 AM Circuit Functional 6.30 PM Body Weight	15 FRI 9 AM Core Abs 6.30 PM Flow Yoga by Kru Nat



Reservation is required

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*Classes are subject to change or cancellation without prior notice

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