

CLASS OF AUGUST 2026

VIVA JIVA FIT

Reservation is required

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*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
					10 AM ¹ Muay Thai 2 PM Circuit Strength	10 AM ² Core Abs 2 PM Stretching
9 AM ³ Body Weight 6.30 PM Flow Yoga by Kru Natt	9 AM ⁴ Stretching 6.30 PM Mat Pilates by Kru Nok	9 AM ⁵ Core Abs 6.30 PM Flow Yoga by Kru Ton	9 AM ⁶ Stretching 6.30 PM Circuit Functional	9 AM ⁷ Core Abs 6.30 PM Flow Yoga by Kru Natt	10 AM ⁸ TRX 2 PM Circuit Functional	10 AM ⁹ Stretching 2 PM Circuit HIIT
9 AM ¹⁰ Circuit HIIT 6.30 PM Flow Yoga by Kru Natt	9 AM ¹¹ Body Weight 6.30 PM Muay Thai Kru Wing	9 AM ¹² Circuit HIIT 6.30 PM Circuit Functional	9 AM ¹³ Circuit Strength 6.30 PM Circuit HIIT	9 AM ¹⁴ TRX 6.30 PM Flow Yoga by Kru Natt	10 AM ¹⁵ Core Abs 2 PM Circuit Strength	10 AM ¹⁶ Muay Thai 2 PM Circuit HIIT
9 AM ¹⁷ Circuit Strength 6.30 PM Flow Yoga by Kru Natt	9 AM ¹⁸ Circuit HIIT 6.30 PM Mat Pilates by Kru Nok	9 AM ¹⁹ Body Weight 6.30 PM Flow Yoga by Kru Ton	9 AM ²⁰ Stretching 6.30 PM Circuit Strength	9 AM ²¹ Muay Thai 6.30 PM Flow Yoga by Kru Natt	10 AM ²² Muay Thai 2 PM TRX	10 AM ²³ Body Weight 2 PM Core Abs
9 AM ²⁴ Circuit Functional 6.30 PM Flow Yoga by Kru Natt	9 AM ²⁵ Circuit HIIT 6.30 PM Muay Thai Kru Wing	9 AM ²⁶ Circuit Strength 6.30 PM Flow Yoga by Kru Ton	9 AM ²⁷ Body Weight 6.30 PM Core Abs	9 AM ²⁸ TRX 6.30 PM Flow Yoga by Kru Natt	10 AM ²⁹ Stretching 2 PM Circuit Strength	10 AM ³⁰ TRX 2 PM Muay Thai
9 AM ³¹ Muay Thai 6.30 PM Flow Yoga by Kru Natt						