

GYM CLASS OF JANUARY 2025

1 WED 9 AM Body Weight 6.30 PM Muay Thai (Beginner)	2 THU 9 AM Circuit Functional 6.30 PM Circuit Strength	3 FRI 9 AM TRX 6.30 PM Flow Yoga by Kru Nat	4 SAT 10 AM Core Abs 4 PM Circuit Functional	5 SUN 10 AM Stretching 4 PM Muay Thai (Beginner)	6 MON 9 AM Circuit Strength 6.30 PM Flow Yoga by Kru Nat	7 TUE 9 AM Mat Pilates 6.30 PM Core Abs
8 WED 9 AM Muay Thai (Beginner) 6.30 PM Flow Yoga by Kru Ton	9 THU 9 AM Circuit Functional 6.30 PM Body Weight	10 FRI 9 AM Stretching 6.30 PM Flow Yoga by Kru Nat	11 SAT 10 AM Stretching 4 PM TRX	12 SUN 10 AM Core Abs 4 PM Circuit Strength	13 MON 9 AM Mat Pilates 6.30 PM Flow Yoga by Kru Nat	14 TUE 9 AM Body Weight 6.30 PM Circuit Functional
15 WED 9 AM Circuit HIIT 6.30 PM Flow Yoga by Kru Ton	16 THU 9 AM Stretching 6.30 PM Circuit Strength	17 FRI 9 AM Core Abs 6.30 PM Yoga+Pilates by Kru Nat	18 SAT 10 AM Muay Thai (Beginner) 4 PM Circuit Strength	19 SUN 10 AM Circuit HIIT 4 PM Stretching	20 MON 9 AM Circuit Functional 6.30 PM Flow Yoga by Kru Nat	21 TUE 9 AM Stretching 6.30 PM TRX
22 WED 9 AM Core Abs 6.30 PM Flow Yoga by Kru Ton	23 THU 9 AM Muay Thai (Beginner) 6.30 PM Body Weight	24 FRI 9 AM Circuit Strength 6.30 PM Flow Yoga by Kru Nat	25 SAT 10 AM Stretching 4 PM Muay Thai (Beginner)	26 SUN 10 AM Circuit HIIT 4 PM Circuit Functional	27 MON 9 AM Body Weight 6.30 PM Yoga+Pilates by Kru Nat	28 TUE 9 AM Circuit Functional 6.30 PM Muay Thai (Beginner)
29 WED 9 AM TRX 6.30 PM Flow Yoga by Kru Ton	30 THU 9 AM Circuit HIIT 6.30 PM Circuit Functional	31 FRI 9 AM TRX 6.30 PM Flow Yoga by Kru Nat	*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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