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