Box your way to a stronger, fitter, more confident you at LifeStyles on 26





Interested in trying Muay Thai but don't want to sweat it out in a hardcore (and sometimes rather intimidating) boxing gym? Then look up to LifeStyles on 26—a modern fitness center above Bangkok that offers a range of weekly classes, including Muay Thai every Tuesday.

Located on the 26th floor of Centara Grand at CentralWorld, our classes are run by professional Muay Thai trainers. All you need is your everyday exercise clothes and enthusiasm, with zero experience needed!

These weekly classes are designed for both beginners and amateurs, giving you a 50-minute workout as you punch, kick, elbow, knee and jab your way to a fitter, stronger, and more confident you.

As well as fully functioning gym, LifeStyles on 26 boasts a spacious fitness studio kitted out with all the equipment you need to get started, including boxing gloves, pads and bags.

You can drop in for pay-as-you-go Muay Thai sessions any week for THB 400 (Tuesday from 18.00 – 19.00) or purchase one of our money-saving class packs of 10 or 20 sessions.

Call us on 02-100-6299 to learn more about Muay Thai or our range of other fitness classes and flexible membership options.

Find out more about LifeStyles on 26 below:
Website: www.centarahotelsresorts.com/centaragrand/cgcw/services
Facebook: Centara Grand & Bangkok Convention Centre at CentralWorld
Instagram: Centaragrand_Centralworld