

# Calorie burning has never been this fun - with weekly Muay Thai classes at LifeStyles on 26



Time to ditch the dull treadmill and don some boxing gloves instead for our fun, calorie-burning Muay Thai sessions here at LifeStyles on 26 Centara Grand at CentralWorld.

Delivering an altogether more refined experienced of Thailand's national sport, our fully equipped and air-conditioned fitness center runs these classes every Tuesday from 18.00 - 19.00 hrs. until end of this November.

Suitable for all abilities, our trained instructors are on hand to teach you everything from the basic moves to more complex kick-punch combos using professional pads and equipment.

Best of all, you don't have to be a member of LifeStyles on 26 nor sign-up to any minimum number of classes. Each session is priced at THB 400 - although some money-saving bundles are available, too.

LifeStyles on 26 is located on the 26th floor of Centara Grand at CentralWorld. To find out more about Muay Thai or our range of other fun fitness activities in central Bangkok, please call us on 02-100-6299.

Find out more about LifeStyles on 26 below:

Website: [www.centarahotelsresorts.com/centaragrand/cgcw/services](http://www.centarahotelsresorts.com/centaragrand/cgcw/services)

Facebook: Centara Grand & Bangkok Convention Centre at CentralWorld

Instagram: Centaragrand\_Centralworld