Feel the burn with Yoga, Zumba, Pilates, HIIT and more at LifeStyles on 26, Centara Grand at CentralWorld

Looking for a fitness studio in central Bangkok that offers a range of fun, fat-burning class for all abilities?

Providing a full timetable of various Yoga sessions, Zumba classes, Pilates, TRX, High Intensity Interval Training (HIIT) and much more, LifeStyles on 26 is the ideal place in the city to get fit – while having fun at the same time.

And currently, we're offering non-members a range of special offers: The drop-in price for any one of our classes is THB 400, while 10-session packages are at THB 3,500 and 20 sessions at THB 6,000 (valid for 6 months and 1 year respectively).

Whether you want to stretch and improve core strength with a yoga class, work up a sweat to the sound of Latin music with Zumba or tone-up with some Pilates, LifeStyles on 26's professionally-trained instructors provide it all.

Located on the 26th floor of Centara Grand at CentralWorld, the studio is well-equipped with everything you'll need to feel the burn, including free weights, kettlebells, barbells, mats, cardio machines – not to mention the great views from above while you're working out.

Book your spot now by calling us on 02-100-6299 or simply visiting us on the 26th floor of Centara Grand at CentralWorld.

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
Twitter: Centara Grand at CTW