Muay Thai made fun and affordable – at LifeStyles on 26





Ever wanted to give Muay Thai a go but were always too afraid to approach one of Bangkok's sweaty-looking boxing gyms? (we admit it – those grunting fighters in short-shorts can be a little intimidating at times…)

Well, here's a chance to experience Thailand's national sport in a much more civilized (and air-conditioned) setting – 26 floors above Bangkok at LifeStyles on 26!

The fully equipped gym and fitness center is open for both members and non-members. As well as range of other weekly fitness classes, we are now running 50-minute Muay Thai classes for all abilities from just THB 400 per session (with no contract needed) every Thursday from 18.00 – 18.50 hrs.

Whether you are starting from scratch, wanting to build on your existing skills, or just looking for a fun way of burning calories (and punching all that stress away), our experienced trainers are on hand to teach you everything you need to know.

We also provide all the necessary equipment, including pads, boxing bags and gloves, making this is an exciting and safe way to practice this ancient martial art.

LifeStyles on 26, located on the 26th floor of Centara Grand at CentralWorld, also offers money-saving class bundles and a variety of flexible membership options; to find out more please call us on 02-100-6299.

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