Muay Thai with a difference: Boost your strength and confidence with LifeStyles on 26’s kickboxing classes

You can now experience Thailand’s national sport – Muay Thai – 26 floors above central Bangkok with LifeStyles on 26’s series of boxing classes for all abilities!
Located halfway up the iconic Centara Grand at CentralWorld tower near Ratchaprasong, this fitness center provides professional Muay Thai instructors who can guide you through all of the basic punching and kicking moves. Quality equipment is also used, such as pads and gloves (so no black eyes or bruises the next day!)
As you progress, you’ll be able to pick up some more advanced defense techniques, as well as knee and elbow moves.
Aside from being a fun and exciting martial art, Muay Thai provides a fantastic cardio workout that builds up strength, flexibility and personal confidence.
Classes, which are held every Thursday from 18.00 – 18.50 hrs at LifeStyles on 26, are priced at just THB 400 – with no membership or contract with the gym required (although flexible membership options are available).
For more information about out gym or any other classes available, 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