Time to HIIT the gym – and sweat it out at LifeStyles on 26





Sometimes, it can be difficult to find the time or enthusiasm to maintain a healthy fitness regime when living in a city like Bangkok.

Whether your excuse for ditching the gym is too much time spent on work, family or socializing, our quick and very intense “HIIT” classes here at LifeStyles on 26 could be the perfect answer.

Taking up just 30 short (but rather painful) minutes, high-intensity interval training is proven to be one of the most effective ways of improving cardiovascular stamina and toning muscles through alternating intense anaerobic exercise with recovery periods… until your body can’t take anymore!

At LifeStyles on 26, we have all the equipment and trained instructors you need to burn up to 500 calories – all while having fun with the rest of the group.

Better yet, we won’t tie you down into a long contract – just come along and pay THB 400 per session, or select one of our money-saving packages with 10 classes at THB 3,500 or 20 classes at THB 6,000.

Classes run every Monday 14.30 – 15.00 hrs & 18.30 – 19.00 hrs.
every Friday 14.30 – 15.00 hrs. / and every Saturday 10.00 – 10.30 hrs.

For more information or advance bookings, please call us at: 02-100-6299.

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