

# Get fit, firm and more confident with Thai Boxing at LifeStyles on 26 - at just THB 400 per class!



Thai boxing, or 'Muay Thai' as it's locally called, doesn't necessarily mean donning tiny shorts and then going round-for-round with another fighter in the ring until the first person hits the floor (although this might happen if you visit the famous Rajadamnern Stadium in Bangkok...)

At LifeStyles on 26, the gym and fitness center here at Centara Grand at CentralWorld, we are now offering safe, fun and beginner-friendly boxing classes from just THB 400 per class!

With our trained Muay Thai instructors, you'll learn all of the basic moves - from how to properly position yourself to how to throw punches, kicks, knees and elbows using gloves and pads.

After picking up the fundamentals of good boxing form, the classes can then intensify depending on your experience and progress, giving you the opportunity to improve cardiovascular strength as well as stamina, agility and muscle strength.

It really is a full body workout that is not only fun, but also builds up your confidence while providing you with an exciting new skill at the same time!

Basic Thai boxing classes run at Lifestyles on 26 (which is found on the 26th floor of Centara Grand at CentralWorld) every Thursday from 18.00 - 18.50 hrs. Drop in prices are just THB 400 with no membership required.

For more information about our 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](http://www.centarahotelsresorts.com/centaragrand/cgcw/services)

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