

Muay Thai above the city: box your way to a fitter, more confident you this year



Kick, punch, elbow and jab your way to a stronger, fitter and more confident you this year with LifeStyles on 26's weekly Muay Thai classes in central Bangkok.

Experience Thailand's national sport with a difference: 26 floors above the city at our fully-equipped fitness center at Centara Grand at CentralWorld.

Running every Thursday from 18.00 - 18.50 (giving you plenty of time to make it here after work or a day out enjoying the city), these classes are aimed at beginners to intermediates. You'll be pushed to your limits with our professionally trained and experienced Muay Thai staff on hand to teach you everything from the basic punching techniques to more complicated combinations and defensive moves.

With modern equipment, such as pads, boxing bags and gloves, this is a fun and safe way to learn this calorie-burning martial art.

You can also just drop in for one - or as many weekly sessions as you like. No gym membership is required, with each class priced at THB 400 per hour.

LifeStyles on 26 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