



Kru Karn Janjira, Zumba and Piloxing Teacher

Beware. Kru Karn's turbo-charged energy is highly contagious! Her Zumba and Piloxing classes are nothing short of exhilarating and rejuvenating. With over 13 years of teaching experience and as the Thai National Team Aerobic Champion and Salsa Team Champion to her credit, Kru Karn is a highly qualified fitness instructor who has also taught in Australia and Switzerland. Her classes are carefully choreographed to maximize cardio-fat burning, body toning and to enhance motor coordination skills for all age groups.

But, it's so much more than that! Regular attendance promotes to reduce excess weight, healthy figure and induces a feel good factor exceeding chocolate! Her mix of pop, house, Latin and world music makes dancing and exercising a happy and intoxicating experience. She is a motivational teacher with a passion for getting as many students hooked to the joys and benefits of Zumba and Piloxing. She is encouraging and engages all her students with her upbeat teaching style and before you know it, you'll be smiling and having a blast, just like her.



DIVINE YOGA