





**STUDIO A**  
Peninsula Shopping Centre #02-19











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00PM - 8:00PM TRAMPOLINE FITNESS By Meow 	6:30PM - 7:30PM A.B.T. By Angela 	6:30PM - 7:30PM TRAMPOLINE FITNESS By Angela 	7:00PM - 8:00PM TRAMPOLINE FITNESS By Ting 	6:30PM - 7:30PM BODY SCULPT By Angela 	11:45PM - 12:45PM TRAMPOLINE FITNESS By Meow 	12:00PM - 1:00PM TRAMPOLINE FITNESS By Nat 
8:00PM - 9:00PM TRAMPOLINE FITNESS By Angela 	7:30PM - 8:30PM ZUMBA FITNESS By Angela 	7:45M - 8:45PM SALSATION By Angela 	8:00PM - 9:00PM TRAMPOLINE FITNESS 	7:45PM - 8:45PM TRAMPOLINE FITNESS By Angela 		1:00PM - 2:00PM TRAMPOLINE FITNESS By Angela 
	8:30PM - 9:30PM Megadanz By Angela 					
						

**Note**

- Studio is closed on Public Holidays
- Rasa Fitness reserves the right to cancel those classes without enough participants
- Classes and Instructors subject to changes without prior notice
- Membership does not guarantee access to classes. You must book to reserve your place via our online booking system
- Kindly book your class once the booking is open every 24 hours before class
- Availability of equipment is on first-come-first-serve basis only

**Programme Description**

**STUDIO B**  
Excelsior Shopping Centre #02-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45PM - 7:45PM TRAMPOLINE FITNESS By Nur 	6:30PM - 7:30PM TRAMPOLINE FITNESS By Meow 	8:00M - 9:00PM PILOXING By Ting 	8:15PM - 9:15PM YOGA Stretch By Ting 			
	7:30PM - 8:30PM TRAMPOLINE FITNESS By Nat 	8:30PM - 9:30PM TRAMPOLINE FITNESS By Nur 				
	8:30PM - 9:30PM TRAMPOLINE FITNESS By Kia Inn 					

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- Rasa Fitness reserves the right to cancel those classes without enough participants
- Subject to changes without prior notice
- Membership does not guarantee access to classes. You must book to reserve your place via our online booking system
- Kindly book your class once the booking is open every 24 hours before class
- Availability of equipment is on first-come-first-serve basis only

**Programme Description**