

STUDIO A
Peninsula Shopping Centre #02-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45PM - 7:30PM PILATES By Angela 	7:00PM - 8:00PM TRAMPOLINE FITNESS By Putra 	6:30PM - 7:30PM KKARDIO By Angela 	6:30PM - 7:15PM ZUMBA By Angela 	6:45PM - 7:45PM BODY SCULPT By Angela 	12:15PM - 1:15PM KKARDIO By Angela 	1:15PM - 2:15PM PILOXING By Ting 
7:45PM - 8:45PM TRAMPOLINE FITNESS By Angela 		7:45PM - 8:45PM TRAMPOLINE FITNESS By Angela 	7:15PM - 8:15PM KKARDIO By Zul 	8:00PM - 9:00PM TRAMPOLINE FITNESS By Angela 	1:30PM - 2:30PM MEGADANZ By Angela 	
			8:30PM - 9:30PM TRAMPOLINE FITNESS By Kia Inn 		2:45PM - 3:45PM TRAMPOLINE FITNESS By Ting 	
						

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