


















Fit-Kraft Academy  
 Add: 140 Paya Lebar Rd, #07-21, AZ@Paya Lebar Singapore 409015  
 (Macpherson MRT Exit A)



WhatsApp: +65 9673 6269  
 website: <https://www.rasafitnessdance.com>

Fly Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10:30am - 11:30am Aerial Yoga 空中瑜伽	
					12:00pm - 12:45pm TRX Suspension Training 悬吊训练 	
7:00pm - 8:00pm Aerial Yoga 空中瑜伽 	7:00pm - 8:00pm Mat Pilates (Power) 垫上普拉提	6:45pm - 7:30pm Aerial Core 空中瑜伽 Beginner Friendly 	7:00pm - 8:00pm TRX for Yoga 悬吊训练瑜伽	12pm - 1pm Yoga Stretch 瑜伽伸展 	12:45pm - 1:30pm TRX for Yoga 悬吊训练瑜伽 	10:00am - 11:30am Aerial Yoga Workshop 空中瑜伽
8:15pm - 9:15pm Bungee Fitness 室内蹦极  		7:45pm - 8:45pm Bungee Fitness Intermediate 室内蹦极 (中级)  			1:45pm - 2:45pm Bungee Fitness Beginner 室内蹦极 (初级班)  	11:45am - 12:45pm Aerial Yoga Foundation 空中瑜伽基础班

GX Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Happy Sunday
8:15pm - 9:15pm Brazilian Samba (Beginners) 巴西桑巴舞	7:00pm - 8:00pm Zumba Fitness 尊巴舞蹈 	7:00pm - 8:00pm Trampoline Fitness® 蹦床 	7:00pm - 8:00pm Zumba Toning 尊巴塑身锻炼 	7:00pm - 8:00pm Trampoline Fitness® 蹦床 		
	8:15pm - 9:15pm Trampoline Fitness® 蹦床 		8:15pm - 9:15pm Trampoline Fitness® (Beginner) 蹦床初级班 	8:15pm - 9:15pm Bellydance 肚皮舞		

Note:  
 \* Classes and instructors are subject to change without prior notice.  
 \* The class is open for booking for 7 days  
 \* Any enquiry please email to [cs@rasafitkraft.com](mailto:cs@rasafitkraft.com)