

STUDIO A

Peninsula Shopping Centre #02-19

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|--|---|
| 6:45PM - 7:30PM PILATES By Angela  | 7:45AM - 8:45AM TRAMPOLINE FITNESS By Alice  | | 6:45PM - 7:45PM TRAMPOLINE FITNESS By Sandy  | 7:45AM - 8:45AM TRAMPOLINE FITNESS By Sandy  | | 12:30PM - 1:30PM INSIDE FLOW YOGA By Angela  |
| 7:30PM - 8:30PM WAACKING By BK  | 7:00PM - 8:00PM ZUMBA By Angela  | 7:00PM - 8:00PM WHEEL YOGA By Angela  | 7:45PM - 8:45PM KKARDIO By Zul  | 6:45PM - 7:45PM BODY SCULPT By Angela  | 12:15PM - 1:15PM KKARDIO By Angela  | |
| 8:30PM - 9:30PM TRAMPOLINE FITNESS By Kia Inn  | 8:15PM - 9:15PM TRAMPOLINE FITNESS By Angela  | 8:15PM - 9:15PM TRAMPOLINE FITNESS By Angela  | | 8:00PM - 9:00PM TRAMPOLINE FITNESS By Angela  | 1:30PM - 2:30PM TRAMPOLINE FITNESS By Ting  | |
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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