













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

| GX Studio  |   |   |  |   |          |              |
|--|---|---|--|---|----------|--------------|
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday | Sunday       |
|  |   | 7:00pm - 7:50pm<br>Reformer Pilates<br>普拉提<br>(starts in July)  |  |   |          | Happy Sunday |
| 6:45pm - 7:45pm<br>Brazilian Samba<br>(Beginners)<br>巴西桑巴舞   | 7:00pm - 8:00pm<br>Zumba Fitness<br>尊巴舞蹈<br>     | 7:00pm - 8:00pm<br>Trampoline Fitness®<br>蹦床<br> | 7:00pm - 8:00pm<br>Trampoline Fitness®<br>(Beginner)<br>蹦床初级班<br> | 7:00pm - 8:00pm<br>Trampoline Fitness®<br>蹦床 (Intermediate<br>中级)<br> |          |              |
| 7:45pm - 8:45pm<br>Zumba Toning<br>尊巴塑身锻炼<br> | 8:15pm - 9:15pm<br>Trampoline Fitness®<br>蹦床<br> |   |  | 8:15pm - 9:15pm<br>Bellydance 肚皮舞<br>                                 |          |              |

**Note:**

\* Classes and instructors are subject to change without prior notice.

\* The class is open for booking for 14 days

\* Any enquiry please email to [cs@rasafitkraft.com](mailto:cs@rasafitkraft.com)