


















STUDIO A

Peninsula Shopping Centre #02-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00PM - 8:00PM TRAMPOLINE FITNESS By Meow 	7:00PM - 8:00PM PILOXING (Corp) By Ting 	7:00PM - 8:00PM ZUMBA 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 	8:15PM - 9:15PM TRAMPOLINE FITNESS By Angela 	8:00PM - 9:00PM MEGADANZ By Angela 	8:15PM - 9:15PM TRAMPOLINE FITNESS By Angela 	7:45PM - 8:45PM TRAMPOLINE FITNESS By Angela 	1:00PM - 2:00PM HIIT 	1:15PM - 2:15PM SALSATION By Angela 
						
						
Note <ul style="list-style-type: none"> • 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		