

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 <i>*start from Jan 2025</i>	
					12:00pm - 12:45pm TRX Suspension Training 悬吊訓練 TRX Suspension Training	
7:00pm - 8:00pm Aerial Yoga 空中瑜伽 	7:00pm - 8:00pm Body Sculpt 塑身锻炼	6:45pm - 7:30pm Aerial Core 空中瑜伽 Beginner Friendly 	7:00pm - 8:00pm TRX for Yoga 悬吊訓練瑜伽	12pm - 1pm Yoga Stretch 瑜伽伸展 	12:45pm - 1:30pm TRX for Yoga 悬吊訓練瑜伽 TRX for YOGA TRX FOR YOGA	10:00am - 11:30am Aerial Yoga Workshop 空中瑜伽
8:15pm - 9:15pm Bungee Fitness 室内蹦板 		7:45pm - 8:45pm Bungee Fitness Intermediate 室内蹦板 (中级) 			1:45pm - 2:45pm Bungee Fitness Beginner 室内蹦板 (初级班) 	11:45am - 12:45pm Aerial Yoga Foundation 空中瑜伽基础班 <i>*start from Jan 2025</i>
GX Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15pm - 8:15pm Waacking 甩舞						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