

21 CARPENTER

PRESENTS

WELLNESS PROGRAMS WITH



WELLNESS PROGRAMS INCLUDE

YOGA

Designed with everyone in mind, calm the mind and body through mindful movement with a variety of Yoga classes that range from Hatha, Vinyasa and Yin-yang styled sessions.

FITNESS

Get in a sweat session with the eclectic mix of Mobility & Movement, Endurance, Build and Bodyweight classes tailored towards your fitness goals.

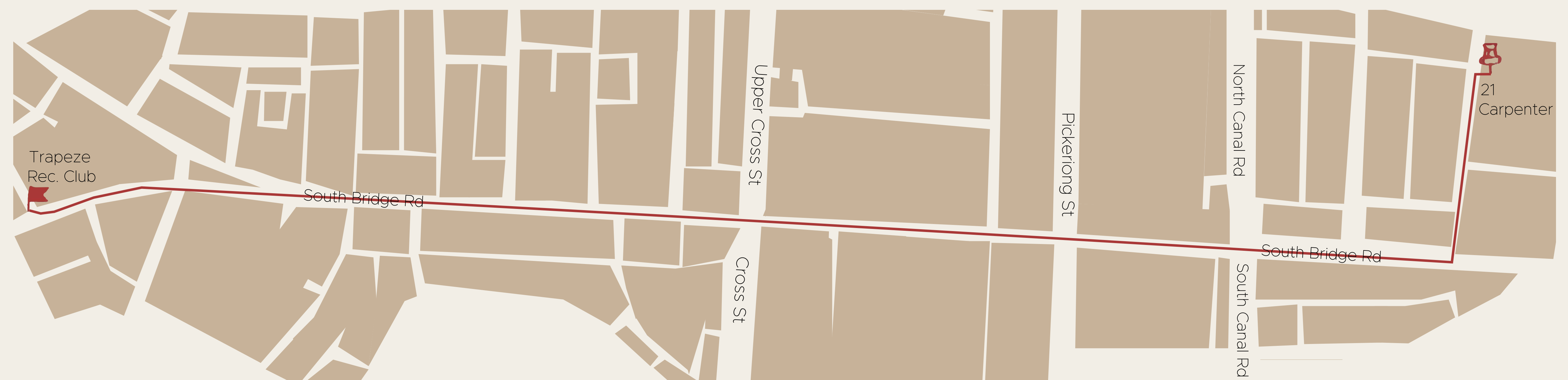
MARTIAL ARTS

Open to all levels, learn the fundamentals and nail the proper form of Muay Thai, led by industry veterans and professional fighters.

RECOVERY

Rebuild, repair and recuperate with our infrared sauna.

LOCALITY MAP



TRAPEZE REC. CLUB

27 Tanjong Pagar Singapore 088450
(approx 15 mins walk / 10 mins cycle)

Opening Hours

Mon - Fri : 6.30am to 9.30pm
Sat, Sun and PH : 8.30am to 4.00pm

Minimum age : 16 years & above

* Bookings must be made in advance via our Front Desk
* A waiver form must be signed prior to the use of facilities