

# CHRISTMAS & NEW YEAR SPECIAL CLASSES

25 Dec 2023 & 01 Jan 2024

## 100AM

25 DECEMBER (MON)

### MAIN STUDIO

10:00AM - 10:45AM	CIRCUIT	JAY LEE
11:00AM - 12:00PM	BODYCOMBAT	YI RU
12:15PM - 1:15PM	ROCKING GLITTER CHRISTMAS	JASWIN
1:30PM - 2:30PM	BODYPUMP	AGUS
2:45PM - 3:45PM	BODYCOMBAT	AGUS

### MIND & BODY STUDIO

11:00AM - 12:00PM	HANDSTAND	SOO CHEE
12:15PM - 1:15PM	RESTORATIVE YOGA	SOO CHEE

1 JANUARY (MON)

### MAIN STUDIO

10:15AM - 11:15AM	BODYPUMP	LEONARD ONG
11:30AM - 12:30PM	BODYCOMBAT	MIU
12:45PM - 1:45PM	BODYJAM	JOANNE CHUA
2:00PM - 3:00PM	BODYPUMP	MIU
3:15PM - 4:15PM	BODYCOMBAT	JASPER

### MIND & BODY STUDIO

10:15AM - 11:15AM	GENTLE FLOW YOGA	SHERLIN
11:30AM - 12:30PM	DYNAMIC FLOW YOGA	SHERLIN
2:00PM - 3:00PM	BODYBALANCE	JASPER

## 321 CLEMENTI

25 DECEMBER (MON)

### MAIN STUDIO

9:00AM - 10:00AM	BODYPUMP	PRISCILLA
10:15AM - 11:15AM	BODYSTEP	KELVIN CHAI
11:30AM - 12:30PM	YIN YOGA	KELVIN CHAI
12:45PM - 1:45PM	BODYCOMBAT	LIK MING
2:00PM - 2:45PM	SH'BAM	KEEFE

1 JANUARY (MON)

### MAIN STUDIO

9:00AM - 10:00AM	BODYATTACK	GORDON
10:15AM - 11:15AM	PILATES	MAY NILO
11:30AM - 12:30PM	BODYCOMBAT	MAY NILO
12:45PM - 1:45PM	BODYJAM	JASPER ZENG
2:00PM - 3:00PM	BODYPUMP	AARON HEI

## ANG MO KIO

25 DECEMBER (MON)

### MAIN STUDIO

9:00AM - 10:00AM	PUMPIN' SANTA	CHRISTOPHER SIM
10:15AM - 11:15AM	X'MAS EXTRAVAGANZA	KEE & RYAN LOW
11:30AM - 12:30PM	ZUMBA XMAS PARTY	CHARLOTTE

### MIND & BODY STUDIO

9:00AM - 10:00AM	RESTORATIVE YOGA	ALBERT
10:15AM - 11:15AM	HATHA YOGA	ALBERT
11:30AM - 12:30PM	BODYBALANCE	KEE
12:45PM - 1:45PM	YIN YOGA	JO LIM

1 JANUARY (MON)

### MAIN STUDIO

9:00AM - 10:00AM	BODYCOMBAT	EDWIN CHIAM
10:15AM - 11:15AM	BODYPUMP	JULIAN
11:30AM - 12:30PM	BODYSTEP	HEATHER
12:45PM - 1:45PM	ZUMBA	JULIAN & AMILIA

### MIND & BODY STUDIO

9:00AM - 10:00AM	HATHA YOGA	JO LIM
10:15AM - 11:15AM	YIN YOGA	JO LIM
11:30AM - 12:30PM	BODYBALANCE	JULIAN

### CYCLE STUDIO

11:45AM - 12:30PM	RPM	CHRISTINA CHIN
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## BUGIS JUNCTION

25 DECEMBER (MON)

### MAIN STUDIO

9:45AM - 10:45AM	SINGING BOWL	SHERLIN
11:00AM - 12:00PM	YOGA	SHERLIN
12:15PM - 1:15PM	BODYCOMBAT	MIU
1:30PM - 2:30PM	BODYPUMP	MIU
2:45PM - 3:45PM	BODYATTACK	BRYAN

1 JANUARY (MON)

### MAIN STUDIO

10:00AM - 11:00AM	BODYPUMP	JOJO
11:15AM - 12:00PM	LES MILLS TONE	JOJO
12:15PM - 1:00PM	LES MILLS CORE 45	CJ
1:15PM - 2:15PM	BODYCOMBAT	JO TAN
2:30PM - 3:30PM	VINYASA YOGA	JO TAN

## JUNCTION 10

25 DECEMBER (MON)

### MAIN STUDIO

10:15AM - 11:15AM	BODYPUMP	WYATT
11:30AM - 12:30PM	BODYCOMBAT	WYATT
12:45PM - 1:45PM	YIN YOGA	JESSIE

### CYCLE STUDIO

9:00AM - 10:00AM	RPM 60	SHUTING
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1 JANUARY (MON)

### MAIN STUDIO

9:00AM - 10:00AM	DYNAMIC FLOW YOGA	CAROLINE
10:10AM - 11:10AM	GENTLE FLOW YOGA	CAROLINE
11:20AM - 12:20PM	BODYCOMBAT	CHERYL
12:30PM - 1:30PM	BODYPUMP	NICKY

### CYCLE STUDIO

10:10AM - 11:10AM	RPM 60	DANIEL
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## FUSIONOPOLIS

25 DECEMBER (MON)

### MAIN STUDIO

8:45AM - 9:45AM	BODYPUMP	LENNART
10:00AM - 11:30AM	ZUMBA (90 MINUTES)	MUS
11:45AM - 12:45PM	BODYPUMP	PRIYA
1:00PM - 2:00PM	BODYCOMBAT	PRIYA

### MIND & BODY STUDIO

9:00AM - 10:00AM	UPSIDE DOWN	YJ
	HATHA YOGA	YJ
10:15AM - 11:15AM	YIN YOGA	

### CYCLE STUDIO

10:00AM - 10:45AM	RPM	LENNART
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1 JANUARY (MON)

### MAIN STUDIO

8:45AM - 9:45AM	BODYPUMP	GLENN
10:00AM - 11:30AM	ZUMBA (90 MINUTES)	MUS
11:45AM - 12:30PM	CIRQHIT TRANSFORM	FANG
12:45PM - 1:45PM	BODYCOMBAT	FANG

### MIND & BODY STUDIO

9:00AM - 10:00AM	CORE FLOW YOGA	IAN FUNG
10:15AM - 11:15AM	GENTLE FLOW YOGA	IAN FUNG

### CYCLE STUDIO

10:00AM - 11:00AM	RPM 60	GLENN
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## MARKET STREET

25 DECEMBER (MON)

### MAIN STUDIO

9:45AM-10:30AM	CIRQHIT TRANSFORM	FERNIE
10:45AM-11:45AM	BODYPUMP	MING FEI
12:00PM-1:00PM	BODYCOMBAT	MING FEI
1:15PM-2:00PM	LES MILLS TONE	LEONARD ONG
2:15PM-3:15PM	BODYPUMP	LEONARD ONG

### MAIN & BODY STUDIO

12:00PM-1:00PM	VINYASA YOGA	DAVID CHIN
1:15PM-2:15PM	SINGING BOWL	SHERLIN

### CYCLE STUDIO

10:45AM-11:30AM	RPM	FERNIE
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1 JANUARY (MON)

### MAIN STUDIO

10:45-11:45AM	AERIAL FLOW YOGA	JOANNA
12:00PM-1:00PM	BODYPUMP	AGUS
1:15PM-2:15PM	BODYCOMBAT	AGUS
2:30PM-3:30PM	BODYATTACK	BRYAN

### MAIN & BODY STUDIO

12:00PM-1:00PM	VINYASA YOGA	SANDY
1:15PM-2:15PM	HATHA YOGA	SANDY

### CYCLE STUDIO

12:00PM-12:45PM	RPM	JOANNA
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## ONE GEORGE STREET

25 DECEMBER (MON)

### MAIN STUDIO

10:20AM - 11:20AM	BODYCOMBAT	JASPER
11:30AM - 12:30PM	CIRCUIT	JAY
12:40PM - 1:40PM	BODYATTACK	GLENN
1:50PM - 2:50PM	BODYPUMP	GLENN
3:00PM - 4:00PM	BODYJAM	BEN N.

1 JANUARY (MON)

### MAIN STUDIO

10:20AM - 11:20AM	SKILLS	YEOH
11:30AM - 12:30PM	WOD	YEOH
12:40PM - 1:40PM	BODYPUMP	YEOH
1:50PM - 2:50PM	BODYCOMBAT	YEOH
3:00PM - 4:00PM	BODYJAM	BEN N.

## PARAGON

25 DECEMBER (MON)

### MAIN STUDIO

9:30AM - 10:15AM	LES MILLS CORE 45	SHU YI
10:30AM - 11:30AM	BODYPUMP	YU YONG
11:45AM - 12:30PM	GRINCH-MAS SH'BAM	ANITA
12:45PM - 1:45PM	RED HO-HO-HOT BODYJAM	ANITA

### MIND & BODY STUDIO

9:15AM - 10:15AM	YIN YOGA	BEN CHIU
10:30AM - 11:30AM	VINYASA YOGA	BEN CHIU
11:45AM - 12:45PM	BODYCOMBAT	JACKY

### CYCLE STUDIO

9:30AM - 10:15AM	RPM	ALAN YAP
10:30AM - 11:00AM	LM SPRINT	ALAN YAP

1 JANUARY (MON)

### MAIN STUDIO

9:00AM - 10:00AM	BODYPUMP	KELVIN TAY
10:15AM - 11:00AM	LES MILLS TONE	ELLEIN
11:30AM - 12:15PM	SH'BAM	NAT
12:45PM - 2:00PM	DANCE MOVES	VIVI

### MIND & BODY STUDIO

9:00AM - 10:00AM	BODYATTACK	ELLEIN
10:15AM - 11:15AM	BODYCOMBAT	NAT
11:30AM - 12:30PM	BODYBALANCE	VIVI

### CYCLE STUDIO

10:00AM - 11:00AM	RPM 60	ALAN TAN
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## PAYA LEBAR

25 DECEMBER (MON)

### MAIN STUDIO

11:00AM - 12:00PM	BODYCOMBAT	PRISCILLA
12:15PM - 1:00PM	SH'BAM	EUGENE
1:15PM - 2:15PM	BODYJAM	LUCAS
2:30PM - 3:30PM	BODYPUMP	YU YONG
3:45PM - 4:30PM	LES MILLS TONE	KESTER
4:45PM - 5:45PM	BODYBALANCE	KESTER

1 JANUARY (MON)

### MAIN STUDIO

10:00AM - 10:45AM	CIRQHIT TRANSFORM	KAREL
11:00AM - 11:15AM	BODYCOMBAT	KAREL
12:15PM - 1:15PM	BODYPUMP	KAREL
1:30PM - 2:15PM	SH'BAM	ANITA
2:30PM - 3:30PM	BODYJAM	ANITA

## TAMPINES

25 DECEMBER (MON)

### MAIN STUDIO

9:00AM - 10:00AM	XMAS TREE CIRCUIT	KAREL
10:15AM - 11:15AM	BODYCOMBAT	KAREL
11:30AM - 12:30PM	BODYJAM	VIVIKUSUMA
12:45PM - 1:30PM	SH'BAM	JOANNA

### MIND & BODY STUDIO

9:00AM - 10:00AM	VINYASA YOGA	DAVID
10:15AM - 11:15AM	YIN YOGA	VIVIKUSUMA
11:30AM - 12:30PM	HOT FLOW YOGA	JOANNA

### CYCLING STUDIO

10:15AM - 11:00AM	RPM	KARLMAL
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1 JANUARY (MON)

### MAIN STUDIO

9:00AM - 10:00AM	BODYCOMBAT	RENU
10:15AM - 11:15AM	BODYSTEP	EDWIN KO
11:30AM - 12:30PM	BODYJAM	EDWINKO
12:45PM - 1:45PM	BODYPUMP	LEONARD ONG

### MIND & BODY STUDIO

9:00AM - 10:00AM	HATHA YOGA	YUANJING
10:15AM - 11:15AM	HOT FLOW YOGA	KESTER
11:30AM - 12:30PM	BODYBALANCE	KESTER

### CYCLING STUDIO

11:30AM - 12:15PM	RPM	CAROL THEN
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### FREESTYLE AREA

10:15AM - 11:00AM	NAK MUAY 45	RENU
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## WESTGATE

25 DECEMBER (MON)

### MAIN STUDIO

9:00AM - 10:00AM	BODYCOMBAT	JANICE YAP
10:15AM - 11:15AM	BODYJAM	ANGELINA
11:30AM - 12:30PM	BODYATTACK	MAY NILO
12:45PM - 1:45PM	BODYBALANCE	MAY NILO
2:00PM - 3:00PM	BODYPUMP	CHENGYUAN

### CYCLING ZONE

10:30AM - 11:15AM	RPM	JANICE YAP
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1 JANUARY (MON)

### MAIN STUDIO

9:00AM - 10:00AM	DYNAMIC FLOW YOGA	ALISON
10:15AM - 11:15AM	BODYPUMP	TING WE