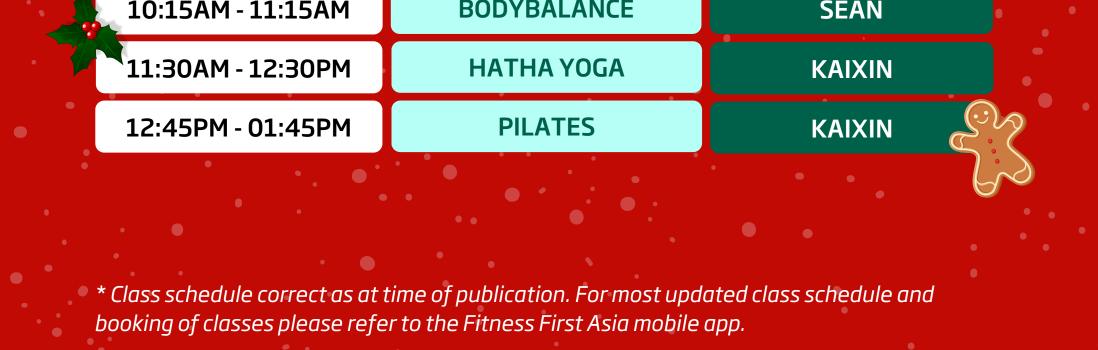
SPECIAL CLASSES

ANG MO KIO MAIN STUDIO —

09:00AM - 10:00AM	BODYATTACK	EDWIN CHIAM	
10:15AM - 11:15AM	BODYCOMBAT	EDWIN CHIAM	
11:30AM - 12:30PM	BODYJAM	JULIAN	
12:45PM - 01:45PM	ZUMBA	JULIAN	
MIND & BODY STUDIO			
09:00AM - 10:00AM	YIN YOGA	SEAN	
10,1EAM 11,1EAM		CEAN	



SPECIAL CLASSES

BUGIS MAIN STUDIO

10:00AM - 11:00AM	BODYCOMBAT	GAVIN
11:15AM - 12:15PM	BODYPUMP	GAVIN
12:30PM - 01:15PM	LES MILLS TONE	KESTER
01:30PM - 02:30PM	GENTLE FLOW	KESTER
03:00PM - 03:45PM	LES MILLS DANCE	EUGENE
	•	

CLEMENTI MAIN STUDIO

09:00AM - 10:00AM

BODYSTEP

ALWIN YEO



SPECIAL CLASSES

100AM MAIN STUDIO



ONE GEORGE STREET
MAIN STUDIO10:00AM - 11:00AMSTEP (BASIC)11:15AM - 12:15PMSTEP (INTERMEDIATE)03:30PM - 04:30PMBODYJAM

SPECIAL CLASSES

FUSIONOPOLIS MAIN STUDIO

CYCLING STUDIO

09:00AM - 10:00AM 10:15AM - 11:15AM	HATHA YOGA VINYASA YOGA	YJ YJ	
09:00AM - 10:00AM	HATHA YOGA	YJ	
MIND & BODY STU	DIO		
11:15AM - 12:00PM	LES MILLS CORE 45	PRIYA	
10:00AM - 11:00AM	BODYCOMBAT	PRIYA	
08:45AM - 09:45AM	BODYPUMP	PRIYA	



booking of classes please refer to the Fitness First Asia mobile app.

SPECIAL CLASSES

JUNCTION 10 MAIN STUDIO —



SPECIAL CLASSES

MARKET STREET MAIN STUDIO

09:00AM - 10:00AM	CIRCUIT	FERNIE
10:15AM - 11:15AM	BODYPUMP	FERNIE
11:30AM - 12:00PM	GRIT STRENGTH	GLENN
12:15PM - 01:15PM	BODYATTACK	GLENN
01:30PM - 02:00PM	CORE 30	GLENN
MIND & BODY STUDIO		
10:30AM - 11:30AM	HATHA YOGA	SOO LIM

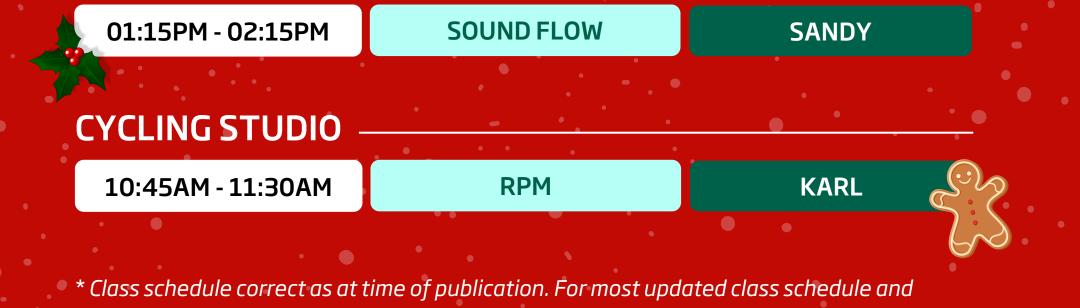


booking of classes please refer to the Fitness First Asia mobile app.

SPECIAL CLASSES

PARAGON MAIN STUDIO

09:30AM - 10:30AM	BODYPUMP	LEO	
10:45AM - 11:30AM	LES MILLS DANCE		
12:15PM - 01:00PM	LES MILLS TONE	JANICE	
02:00PM - 03:00PM	ZUMBA	MUS	
MIND & BODY STUDIO			
09:30AM - 10:30AM	BODYBALANCE	MAREE	
09:30AM - 10:30AM 10:45AM - 11:45AM	BODYBALANCE BODYCOMBAT	MAREE JANICE	



booking of classes please refer to the Fitness First Asia mobile app.

SPECIAL CLASSES

TAMPINES MAIN STUDIO

BODYPUMP	GRACE LEE	
BODYCOMBAT	GRACE LEE	
ZUMBA	MUS	
LES MILLS DANCE	GEORGE ISHIMURA	
MIND & BODY STUDIO		
ADVANCED FLOW YOGA	IAN FUNG	
GENTLE FLOW YOGA	IAN FUNG	
	BODYCOMBAT ZUMBA LES MILLS DANCE	



SPECIAL CLASSES

WESTGATE MAIN STUDIO –

09:00AM - 10:00AM	BODYCOMBAT	JOYCE LEE
10:15AM - 11:15AM	HATHA YOGA	ЈОЕҮ КОН
11:30AM - 12:30PM	BODYATTACK	GORDON
12:45PM - 01:45PM	BODYJAM	SHIRLEY
02:00PM - 03:00PM	BODYPUMP	MIU

ROBYN

CYCLING STUDIO

10:30AM - 11:15AM

* Class schedule correct as at time of publication. For most updated class schedule and booking of classes please refer to the Fitness First Asia mobile app.

RPM