

10 APR 2024

HARI RAYA PUASA SPECIAL CLASSES

100AM

MAIN STUDIO

10.00AM - 11.00AM	BODYPUMP	VIVI WOON
11.15AM - 12.15PM	BODYCOMBAT	JUNWEI
12.30PM - 1.30PM	BODYJAM	VIVI KUSUMA
1.45PM - 2.45PM	BODYPUMP	PRIYA
3.00PM - 4.00PM	BODYCOMBAT	PRIYA

MIND & BODY STUDIO

10.00AM - 11.00AM	GENTLE FLOW YOGA	JUNWEI
11.15AM - 12.15PM	YIN YOGA	VIVI KUSUMA

321 CLEMENTI

MAIN STUDIO

9.00AM - 10.00AM	BODYCOMBAT	JOHNSON
10.15AM - 11.00AM	LES MILLS DANCE	JOANNE
11.30AM - 12.30PM	BODYPUMP	CELIA
12.45PM - 1.45PM	HATHA YOGA	SHERLIN
2.00PM - 3.00PM	SINGING BOWL	SHERLIN

ANG MO KIO

MAIN STUDIO

9.00AM - 10.00AM	STEP MOVES	FIONA
10.15AM - 11.15AM	BODYPUMP	JULIAN
11.30AM - 12.30PM	BODYCOMBAT	RACHEL SOH
12.45PM - 1.45PM	ZUMBA	AMILIA & JULIAN

MIND & BODY STUDIO

9.00AM - 10.00AM	GENTLE FLOW YOGA	CHRISTOPHER LIM
10.15AM - 11.15AM	DYNAMIC FLOW YOGA	CHRISTOPHER LIM
11.30AM - 12.30PM	PILATES	FELICIA TOH
12.45PM - 1.45PM	HATHA YOGA	FELICIA TOH

BUGIS JUNCTION

MAIN STUDIO

9.45AM - 10.45AM	BODYATTACK	BHAS
11.00AM - 11.45AM	LES MILLS CORE 45	BHAS
12.00PM - 1.00PM	BODYPUMP	YU YONG
1.15PM - 2.00PM	LES MILLS DANCE	EUGENE
2.15PM - 3.00PM	BODYCOMBAT	ADELINE GOH
3.15PM - 4.15PM	BODYJAM	RYAN

JUNCTION 10

MAIN STUDIO

10.15AM - 11.15AM	BODYPUMP	WYATT
11.30AM - 12.30PM	BODYCOMBAT	WYATT
12.45PM - 1.45PM	PILATES	NICHOLAS

CYCLE STUDIO

9.00AM - 10.00AM	RPM 60	SHU TING
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FUSIONOPOLIS

MAIN STUDIO

8.45AM - 9.45AM	BODYCOMBAT	ROYSTON
10.00AM - 11.00AM	BODYPUMP	MINGFEI
11.15AM - 12.15PM	BODYCOMBAT	MINGFEI
12.30PM - 1.30PM	BODYJAM	RYAN ONG

MIND & BODY STUDIO

9.00AM - 10.00AM	PILATES	KAIXIN
10.15AM - 11.15AM	YIN YOGA	KAIXIN

CYCLE STUDIO

10.00AM - 10.45AM	RPM	MICHELLE
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MARKET STREET

MAIN STUDIO

10.15AM - 11.15AM	BODYPUMP	JIMMY TAN
11.30AM - 12.30PM	BODYCOMBAT	JIMMY TAN
12.45PM - 1.45PM	BODYATTACK	RON

MIND & BODY STUDIO

11.30AM - 12.30PM	GENTLE FLOW YOGA	IAN FUNG
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CYCLE STUDIO

9.00AM - 10.00AM	RPM 60	GLENN
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ONE GEORGE STREET

MAIN STUDIO

10.30AM - 11.15AM	LES MILLS STRENGTH DEVELOPMENT	GLENN
11.25AM - 12.10PM	LES MILLS CORE 45	GLENN
12.20PM - 1.05PM	CIRCUIT	YEOH
1.15PM - 2.15PM	BODYPUMP	YEOH
2.25PM - 3.15PM	BODYCOMBAT	YEOH
3.25PM - 4.05PM	LES MILLS DANCE	EUGENE

PARAGON

MAIN STUDIO

9.00AM - 10.00AM	CIRQHIIT TRANSFORM	FERNIE
10.15AM - 11.15AM	BODYPUMP	AARON
11.30PM - 12.15PM	LES MILLS DANCE	DOEY
12.45PM - 1.45PM	BODYPUMP	YINSHI

MIND & BODY STUDIO

9.00AM - 10.00AM	VINYASA YOGA	AARON
10.15AM - 11.15AM	BODYBALANCE	MAREE
11.30AM - 12.30PM	BODYCOMBAT	MIU
12.45PM - 1.45PM	BODYATTACK	DOEY

CYCLE STUDIO

10.15AM - 11.00AM	RPM	FERNIE
11.30PM - 12.15PM	RPM	YINSHI

PAYA LEBAR

MAIN STUDIO

10.00AM - 10.45AM	LES MILLS TONE	LEONARD ONG
11.00AM - 12.00PM	BODYPUMP	LEONARD ONG
12.15PM - 1.15PM	BODYCOMBAT	KENNETH TAN
1.30PM - 2.30PM	BODYATTACK	BRYAN TAN
2.45PM - 3.45PM	BODYBALANCE	CS

TAMPINES

MAIN STUDIO

9.15AM - 10.00AM	CIRQHIIT TRANSFORM	JO TAN
10.15AM - 11.15AM	BODYCOMBAT	JO TAN
11.30AM - 12.30PM	BODYSTEP	EDWIN KO
12.45PM - 1.45PM	BODYJAM	EDWIN KO
2.00PM - 2.45PM	LES MILLS DANCE	KEEFE

MIND & BODY STUDIO

9.00AM - 10.00AM	HATHA YOGA	YUAN JING
10.15AM - 11.15AM	YOGA CORE	YUAN JING
11.30AM - 12.30PM	YIN YOGA	YUAN JING

CYCLING STUDIO

10.15AM - 11.00AM	RPM	ALAN TAN
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FREESTYLE AREA

11.30AM - 12.15PM	NAK MUAY 45	JO TAN
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WESTGATE

MAIN STUDIO

9.00AM - 10.00AM	BODYPUMP	BENJI
10.15AM - 11.15AM	BODYSTEP	BRIAN TEO
11.30AM - 12.15PM	BODYCOMBAT	KATHERINE
12.45PM - 1.45PM	BODYJAM	ANITA
2.00PM - 3.00PM	DYNAMIC FLOW YOGA	YINGKAI

CYCLING ZONE

10:30AM - 11:15AM	RPM	KATHERINE
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> Book any of the classes on the **Fitness First mobile app** now.