**321 CLEMENTI** 

**CIRQHIIT TRANSFORM** 

**GENTLE FLOW YOGA** 

**BODYCOMBAT** 

**BODYSTEP** 

**BODYPUMP** 

**BODYPUMP** 

**BODYJAM** 

**PILATES** 

**BODYBALANCE** 

**BODYCOMBAT** 

**BODYBALANCE** 

**BODYCOMBAT** 

**BODYATTACK** 

**BODYPUMP** 

**BODYCOMBAT** 

**BODYBALANCE** 

**LESMILLS TONE** 

**BODYBALANCE** 

LES MILLS CORE 45

**ROARING TO 70S TO 80S PRIYA** 

BLAST FROM THE PAST! EDWIN CHIAM

**NICHOLAS MAK** 

**CHERYL** 

MIND & BODY STUDIO

**WYATT** 

**WYATT** 

**GLENN** 

**GLENN** 

REGINA

**REGINA** 

**GLENN** 

YEOH

YEOH

**BRYAN** 

YEOH

IAN FUNG

IAN FUNG

VON

**ANITA** 

**REGINA** 

**REGINA** 

**JO TAN** 

**GERALD** 

**JUNWEI** 

**YEOH** 

**YEOH** 

**HUAT HUAT BURNING!** 

财源滚滚 COMBAT

**BODYPUMP** 

**BODYCOMBAT** 

**BODYATTACK** 

**BODYBALANCE** 

**RPM** 

**BODYPUMP** 

**CIRQHIIT TRANSFORM** 

DYNAMIC FLOW YOGA

**GENTLE FLOW YOGA** 

**GRIT STRENGTH** 

**BODYCOMBAT** 

**RESTORATIVE YOGA** 

LM CORE 45

**BODYPUMP** 

**BODYPUMP** 

SH'BAM

**BUGIS JUNCTION** 

10 FEBRUARY (SAT)

11 FEBRUARY (SUN)

12 FEBRUARY (MON)

**BODYCOMBAT MARATHON** 

**FUSIONOPOLIS** 

10 FEBRUARY (SAT)

**MAIN STUDIO** 

8.45AM - 9.45AM

10.00AM - 11.00AM

11.15AM - 12.15PM

12.30PM - 1.15PM

9.00AM - 10.00AM

10.15AM - 11.15AM

10.00AM - 10.45AM

**11 FEBRUARY** (SUN)

**CYCLE STUDIO** 

**MAIN STUDIO** 

8.45AM - 9.45AM

10.00AM - 10.45AM

11.00AM - 11.30AM

11.45AM - 12.45PM

9.00AM - 10.00AM

10.15AM - 11.15AM

10.00AM - 10.45AM

12.30PM - 1.30PM

9.00AM - 10.00AM

10.15AM - 11.15AM

MIND & BODY STUDIO

12 FEBRUARY (MON)

**CYCLE STUDIO** 

MIND & BODY STUDIO

MIND & BODY STUDIO

**MAIN STUDIO** 

10.00AM - 10.45AM

11.00AM - 12.00PM

12.15PM - 1.15PM

1.30PM - 2.15PM

**MAIN STUDIO** 

10.00AM - 11.00AM

11.15AM - 12.15PM

12.30PM - 1.30PM

1.45PM - 2.45PM

**MAIN STUDIO** 

10.00AM - 11.00AM

11.15AM - 12.15PM

12.30PM - 1.30PM

**FANG** 

**FANG** 

ZAKI

**LOKIE** 

**LEONARD ONG** 

**AGNES PHOEN** 

**AGNES PHOEN** 

**CASSANDRA** 

**PRIYA** 

**PRIYA** 

**PRIYA** 

**KESTER** 

**KESTER** 

**GLENN** 

GLENN

**KEEFE** 

**BHAS** 

**BHAS** 

WILI

**MAY NILO** 

**MAY NILO** 

**ALISON** 

**10 FEBRUARY** (SAT)

11 FEBRUARY (SUN)

12 FEBRUARY (MON)

**MAIN STUDIO** 

9.00AM - 10.00AM

10.15AM - 11.15AM

11.30AM - 12.15PM

12.45PM - 1.45PM

2.00PM - 3.00PM

**MAIN STUDIO** 

9.00AM - 10.00AM

10.15AM - 11.15AM

11.30AM - 12.30PM

12.45PM - 1.45PM

2.00PM - 3.00PM

MAIN STUDIO

9.00AM - 10.00AM

10.15AM - 11.15AM

11.30AM - 12.30PM

12.45PM - 1.45PM

2.00PM - 3.00PM

**LEONARD ONG** 

**MAY NILO** 

**KELVIN CHAI** 

**MINGFEI** 

**MINGFEI** 

**MAY NILO** 

IAN FUNG

**MAY NILO** 

**EDWIN CHIAM** 

VON

JO LIM

**JULIAN** 

**KATHERINE** 

**KATHERINE** 

**CAROLINE** 

**WEE BOON** 

**KAREL** 

**RYAN** 

**FIONA** 

DYNAMIC FLOW YOGA IAN FUNG

**GENTLE FLOW YOGA** 

1	0	0	Al	M			
1(	) F	EB	RU	AR	Υ	(SA	AT)

# **MAIN STUDIO**

9.45AM - 10.45AM

11.00AM - 12.00PM **BODYCOMBAT MAY NILO** 12.30PM - 1.30PM **BODYPUMP AARON H** 

**BODYPUMP** 

9.45AM - 10.45AM 11.00AM - 12.00PN

MIND & BODY STUDIO

GENTLE GLOW YOGA IAN FUNG **11 FEBRUARY** (SUN)

**PILATES** 

**MAIN STUDIO** 

10.00AM - 11.00AM 11.15AM - 12.15PM

**BODYPUMP GAVIN BODYCOMBAT GAVIN** 12.30PM - 1.15PM **ANITA** SH'BAM 1.30PM - 2.30PM **BODYJAM ANITA** 

MIND & BODY STUDIO **HATHA YOGA KELVIN CHAI** 

10.00AM - 11.00AM 11.15AM - 12.15PM **YIN YOGA** 

12 FEBRUARY (MON)

MAIN STUDIO 10.00AM - 11.00AM **BODYPUMP** 

11.15AM - 12.15PM **BODYCOMBAT** 12.30PM - 1.30PM **STEP MOVES** 1.45PM - 2.45PM **BODYCOMBAT** 

MIND & BODY STUDIO

10.00AM - 11.00AM 11.15AM - 12.15PM 12.30PM - 1.30PM

**ANG MO KIO** 10 FEBRUARY (SAT)

**PILATES** 

**MAIN STUDIO** 9.00AM - 10.00AM **BODYPUMP CHRISTOPHER SIM** 10.15AM - 11.15AM MUS **ZUMBA** 

11.30AM - 12.30PM **BODYCOMBAT** 12.45PM - 1.45PM

**BODYPUMP JULIAN** MIND & BODY STUDIO 9.00AM - 10.00AM **HATHA YOGA ALBERT** 

10.15AM - 11.15AM

CYCLE STUDIO

11 FEBRUARY (SUN)

**GENTLE YOGA ALBERT** 11.30AM - 12.30PM **BODYBALANCE JULIAN** 

**RPM** 

9.30AM - 10.15AM

**MAIN STUDIO** 

9.00AM - 10.00AM LES MILLS CORE **BHAS** 10.15AM - 11.15AM **CIRCUIT** ALI 11.30AM - 12.30PM **BODYCOMBAT** RYAN LOW/RAY

MIND & BODY STUDIO

10.15AM - 11.15AM

11.30AM - 12.30PM **YOGA STRETCH** JO LIM **FELICIA TOH** 12.45PM - 1.45PM **PILATES** 12 FEBRUARY (MON)

**GENTLE FLOW YOGA** 

**MAIN STUDIO** 9.00AM - 10.00AM

10.15AM - 11.15AM **FIONA STEP MOVES** 11.30AM - 12.30PM **BODYCOMBAT KEE / RYAN LOW** 12.45PM - 1.45PM **BODYPUMP CHRISTOPHER SIM** MIND & BODY STUDIO

**BODYPUMP** 

10.15AM - 11.15AM **INVERSION YOGA** JO LIM **YOGA STRETCH** 11.30AM - 12.30PM **JO LIM** 12.45PM - 1.45PM **BODYBALANCE KEE** 

**CYCLE STUDIO** 

**VON RPM** 11.45AM - 12.30PM

**JUNCTION 10 10 FEBRUARY (SAT)** 

**MAIN STUDIO** 

## 9.00AM - 10.00AM **BODYPUMP** 10.15AM - 11.15AM **BODYCOMBAT**

11.30AM - 12.15PM **SH'BAM** 

**CYCLE STUDIO** VON 11.30AM - 12.30PM **RPM 60** 

**MAIN STUDIO** 

**11 FEBRUARY** (SUN)

# 9.00AM - 10.00AM **DYNAMIC FLOW YOGA -FAREWELL TO THE RABBIT**

11.30AM - 12.30PM 12.45PM - 1.45PM

9.00AM - 10.00AM

**CAROLINE** 10.15AM - 11.15AM **GENTLE FLOW YOGA -WELCOME TO THE DRAGON** NICKY **BODYPUMP NICKY** 

**BODYCOMBAT** 

**CYCLE STUDIO** 

MAIN STUDIO **CIRQHIIT TRANSFORM KAREL** 

**RPM 60** 

9.30AM - 10.15AM 10.30AM - 11.30AM **BODYCOMBAT** 11.45AM - 12.45PM **GENTLE FLOW YOGA** 

12 FEBRUARY (MON)

**CAROLINE CYCLE STUDIO** 

**RPM 60** 11.45AM - 12.45PM

**SHUTING** 

**11 FEBRUARY** (SUN) MAIN STUDIO

1.00PM-2.00PM

9.15AM-10.15AM **CIRCUIT FERNIE** 10.30AM-11.30AM **BODYCOMBAT** MING FEI 11.45AM-12.45PM **BODYPUMP MING FEI** 

**BODYATTACK** 

10.30AM-11.30AM **BODY BALANCE CYCLE STUDIO** 

MIND & BODY STUDIO

10.30AM-11.20AM **RPM FERNIE** 12 FEBRUARY (MON)

**MAIN STUDIO** 9.30AM-10.30AM **BODYCOMBAT** 10.45AM-11.45AM **BODYPUMP** 

12.15PM-1.00PM SH'BAM **NAILA** 1.15PM-2.15PM **BODYJAM VIVI KUSUMA & NAILA** 

MIND & BODY STUDIO **BODYBALANCE** 12.00PM-1.00PM

**CYCLE STUDIO** 

**RPM** 

9.45AM-10.30AM

**PARAGON** 10 FEBRUARY (SAT)

**MAIN STUDIO** 10.15AM - 11.15AM STEP MOVES

LOKIE 11.30AM - 12.30PM BODYPUMP 2.00PM -3.00PM **BODYPUMP PRISCILLA** MIND & BODY STUDIO

10.15AM - 11.15AM SINGING BOWL WITH YIN YOGA SAN

12.45PM - 1.45PM BODYCOMBAT **CYCLE STUDIO** 10.15AM - 11.00AM RPM

11 FEBRUARY (SUN)

10.15AM - 11.15AM BODYPUMP

11.30AM - 12.30PM SHBAM

12.45PM - 1.45PM BODYJAM

9.00AM - 10.00AM HATHA YOGA

11.30AM - 12.30PM BODYATTACK

MIND & BODY STUDIO **KENNETH** 

9.00AM - 10.00AM BODYCOMBAT 10.15AM - 11.15AM HATHA YOGA 11.30AM - 12.30PM VINYASA YOGA **CYCLE STUDIO** 

**MAIN STUDIO** 

11.45AM - 12.30PM

**TAMPINES** 10 FEBRUARY (SAT)

**MAIN STUDIO** 

**AARON H** 9.00AM - 10.00AM **BODYPUMP** 10.15AM - 11.15AM **BODYCOMBAT RENU** 

MIND & BODY STUDIO **CORE CONDITIONING** 9.00AM - 10.00AM 10.15AM - 11.15AM **SINGING BOWL** 

**CYCLING STUDIO** 

11.30AM - 12.15PM

**NAK MUAY 45 RENU 11 FEBRUARY** (SUN) **MAIN STUDIO** 

10.15AM - 11.15AM 11.30AM - 12.30PM 12.45PM - 1.30PM

9.00AM - 10.00AM **BODYPUMP PRIYA PRIYA BODYCOMBAT BODYSTEP EDWIN KO CIRQHIIT TRANSFORM EDWIN KO** 

**HATHA YOGA** 

9.00AM - 10.00AM 10.15AM - 11.15AM 11.30AM - 12.30PM

**DAVID CHIN YOGA CORE BODYBALANCE** YIRU **CYCLING STUDIO** 10.15AM - 11.15AM **RPM 60 KARLMAL FREESTYLE AREA** 

9.00AM - 10.00AM 10.15AM - 11.15AM 11.30AM - 12.30PM

11.30AM - 12.30PM

**CYCLING ZONE** 

12.45PM - 1.30PM

**MAIN STUDIO** 

**BODYATTACK BODYPUMP BODYCOMBAT** 12.45PM - 1.45PM 2.00PM - 3.00PM

**PILATES** 

**RPM** 

**SANDY** 10.15AM - 11.00AM RPM **ZHENG YANG** 12 FEBRUARY (MON) 12 FEBRUARY (MON) **MAIN STUDIO MAIN STUDIO** 9.00AM - 10.00AM **BODYSTEP GLENN** 10.00AM - 11.00AM **BODYPUMP** 10.15AM - 11.15AM **GLENN** 11.15AM - 12.15PM 11.30AM - 12.30PM **ZUMBA CHARLOTTE** 12.30PM - 1.15PM 1.30PM - 2.15PM MAIN & BODY STUDIO 2.30PM - 3.30PM 9.00AM - 10.00AM **BODYCOMBAT RACHEL** 

10.15AM - 11.15AM **BODYBALANCE RACHEL** 11.30AM - 12.30PM **HATHA YOGA SERENE GOH CYCLE STUDIO** 

**RPM** 

**RPM** 10.15AM - 11.00AM **CAROL THEN FREESTYLE AREA** 

MIND & BODY STUDIO

**PRISCILLA** 11.30AM - 12.15PM NAK MUAY 45 12 FEBRUARY (MON)

SHBAM 60 **BODYJAM** MIND & BODY STUDIO 9.00AM - 10.00AM **HATHA YOGA** 10.15AM - 11.15AM YOGA

**MARKET STREET 10 FEBRUARY (SAT) 10 FEBRUARY** (SAT) **MAIN STUDIO MAIN STUDIO** 10.20AM - 11.20AM CIRCUIT 10.00AM-11.00AM **BODYPUMP** MING FEI 11.15AM-12.15PM **BODYCOMBAT** MING FEI 12.30PM-1.15PM LES MILLS TONE **LEONARD ONG LEONARD ONG** 1.30PM-2.30PM **BODYPUMP** MIND & BODY STUDIO 12.30PM-1.45PM DYNAMIC FLOW IAN FUNG CYCLE STUDIO 9.45AM - 10.45AM **RPM 60** YINSHI **11 FEBRUARY** (SUN)

RON

**JANICE YAP** 

**RYAN HARYADI** 

**VIVI KUSUMA** 

YONG

**FIONA** 

**SAN** 

**JESSICA** 

**BENEDICT** 

**RYAN** 

**RYAN** 

**SANDY** 

**GLENN** 

**RENU** 

**AARON H** 

**DAVID CHIN** 

**ZAKIA** 

**GRACE LEE** 

**GRACE LEE** 

**ALBERT** 

**ALBERT** 

**FELICIA TOH** 

**GRACE LEE** 

**CLARENCE CHAN** 

**CLARENCE CHAN** 

**MERVYN & DONOVAN** 

**PRISCILLA** 

**SEAN LOW** 

### MAIN STUDIO 8.45AM - 9.45AM **BODYPUMP WYATT** 10.00AM - 11.00AM **BODYATTACK** RON 11.15AM - 12.15PM **BODY COMBAT WYATT**

**BODYJAM** 

**RPM** 

**CYCLE STUDIO** 10:00AM - 11:00AM **RPM 60** YINSHI **ONE GEORGE STREET** 

**HATHA YOGA** 

**YIN YOGA** 

11.30AM - 12.30AM BODYCOMBAT **JO TAN** 12.40PM - 1.40PM VINYASA YOGA **JO TAN** 

10.30AM - 11.30AM BODYPUMP

11.45AM - 12.45PM BODYCOMBAT

**MAIN STUDIO** 

12 FEBRUARY (MON) **MAIN STUDIO** 10.30AM - 11.30AM CIRCUIT YEOH

**BODYPUMP** 

**BODYCOMBAT** 

11.40AM - 12.40PM

12.50PM - 1.50PM

**PAYA LEBAR** 10 FEBRUARY (SAT) **MAIN STUDIO** 10.00AM - 10.30AM LES MILLS GRIT STRENGTH SHUYI 10.45AM - 11.30AM **SHUYI LES MILLS CORE 45** 11.45AM - 12.45PM **BODYCOMBAT** YI RU 1.00PM - 2.00PM **BODYPUMP NICKY** 

# **MAIN STUDIO BODYCOMBAT MARATHON** 10.00AM - 11.00AM **LUCKY OR NOT??**

11.15AM - 12.15PM

11 FEBRUARY (SUN)

12.30PM - 1.30PM **BC 60S TO 70S HUAT! PRIYA** 1.45PM - 2.45PM **ROAR-ING INTO THE YIRU DRAGON YEAR** 

**BODYPUMP** 

SH'BAM

**BODYJAM** 

**GENTLE FLOW YOGA** 

LES MILLS TONE

龙腾虎跃,步步高升

**WYATT** 

**JASPER** 

**LINDA** 

LINDA

**LEONARD GEORGE** 

**GEORGE** 

# WESTGATE

**10 FEBRUARY** (SAT) **MAIN STUDIO** 9.00AM - 10.00AM **BODYPUMP JOYCE LEE** 10.15AM - 11.15AM **BODYATTACK** ZAKI 11.30AM - 12.30PM **BODYJAM** SHIRLEY 12.45PM - 1.45PM **BODYCOMBAT GRACE LEE** 2.00PM - 3.00PM **BODYBALANCE AMY SEOW CYCLING ZONE RPM KARL** 10:30AM - 11:15AM

11 FEBRUARY (SUN) **MAIN STUDIO** MUS 9.00AM - 10.00AM **ZUMBA LIK MING** 10.15AM - 11.15AM **BODYCOMBAT** 

**GENTLE FLOW YOGA** 

**BODYPUMP** 

**BODYSTEP** 

**RPM** 

YINGKAI

**ALWIN** 

**CHENGYUAN** 

**GRACE LEE** 

**ALISON** 

**KARL** 

**GERALD NG** 

11.30AM - 12.30PM

12.45PM - 1.45PM

2.00PM - 3.00PM

**CYCLING ZONE** 

10:30AM - 11:15AM

12 FEBRUARY (MON) **MAIN STUDIO** 9.00AM - 10.00AM WILI **BODYIAM ALISON** 10.15AM - 11.15AM **GENTLE FLOW YOGA LIK MING** 11.30AM - 12.30PM **BODYCOMBAT** 

**PILATES** 

> Book any of the classes on the Fitness First mobile app now.

2.00PM - 3.00PM **BODYPUMP CYCLING ZONE RPM** 10:30AM - 11:15AM

12.45PM - 1.45PM