



100AM

MAIN STUDIO

09:45AM - 10:45AM	BODYPUMP	GAVIN
11:00AM - 12:00PM	BODYCOMBAT	GAVIN
12:15PM - 01:00PM	LES MILLS DANCE	EUGENE NG
01:15PM - 02:15PM	BODYJAM	ANGELINA

MIND & BODY STUDIO

09:45AM - 10:45AM	PILATES	KAI XIN
11:00AM - 12:00PM	YIN YOGA	KAI XIN

321 CLEMENTI

MAIN STUDIO

09:00AM - 10:00AM	DYNAMIC FLOW YOGA	YINGKAI
10:15AM - 11:15AM	BODYJAM	JASPER
11:30AM - 12:30PM	BODYCOMBAT	LIK MING
12:45PM - 01:45PM	BODYSTEP	ZAKI
02:00PM - 03:00PM	BODYPUMP	CHENGYUAN

ANG MO KIO

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	GAGE
10:15AM - 11:15AM	BODYCOMBAT	BEN TANG
11:30AM - 12:30PM	STEP MOVES	FIONA
12:45PM - 01:45PM	CIRCUIT	BEN TANG

MIND & BODY STUDIO

09:00AM - 10:00AM	BODYBALANCE	BEN TANG
10:15AM - 11:15AM	GENTLE FLOW YOGA	JULIAN
11:30AM - 12:30PM	DYNAMIC FLOW YOGA	JULIAN
12:45PM - 01:45PM	PILATES	MAY NILO

CYCLING ZONE

11:30AM - 12:15PM	RPM	CHRISTINA CHIN
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FUSIONOPOLIS

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	YUYONG
10:15AM - 11:00AM	CIRQHIIT TRANSFORM	MINGFEI
11:15AM - 12:15PM	BODYPUMP	MINGFEI
12:30PM - 01:30PM	BODYCOMBAT	MINGFEI

MIND & BODY STUDIO

09:00AM - 10:00AM	HATHA YOGA	CHRIS LIM
10:15AM - 11:15AM	GENTLE FLOW YOGA	CHRIS LIM

CYCLE STUDIO

10:00AM - 11:00AM	RPM 60	BENJI
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BUGIS JUNCTION

MAIN STUDIO

10:00AM - 11:00AM	BODYCOMBAT	EDWIN CHIAM
11:15AM - 12:15PM	BODYATTACK	BHAS
12:30PM - 01:20PM	LES MILLS CORE 45	BHAS
01:30PM - 02:15PM	LES MILLS DANCE	ANITA
02:30PM - 03:30PM	BODYJAM	VIVI KUSUMA
03:45PM - 04:45PM	BODYBALANCE	VIVI KUSUMA

PAYA LEBAR

MAIN STUDIO

10:00AM - 10:45AM	CIRQHIIT TRANSFORM	JAY LEE
11:00AM - 12:00PM	BODYPUMP	WYATT
12:15PM - 01:15PM	BODYCOMBAT	WYATT
01:30PM - 02:30PM	BODYBALANCE	VINZ

JUNCTION 10

MAIN STUDIO

09:00AM - 10:00AM	DYNAMIC FLOW YOGA	CAROLINE
10:15AM - 11:15AM	GENTLE FLOW YOGA	CAROLINE
11:30AM - 12:30PM	BODYPUMP	LIVIA
12:45PM - 01:45PM	BODYCOMBAT	CHERYL

CYCLE STUDIO

10:15AM - 11:15AM	RPM 60	DANIEL
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ONE GEORGE STREET

MAIN STUDIO

10:30AM - 11:30AM	CIRCUIT	YEOH
11:40AM - 12:40PM	BODYPUMP	YEOH
12:50PM - 01:50PM	BODYCOMBAT	YEOH
02:30PM - 03:15PM	LES MILLS STRENGTH DEVELOPMENT	KESTER
03:25PM - 04:25PM	BODYBALANCE	KESTER

MARKET STREET

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	LEONARD
10:15AM - 11:00AM	LES MILLS TONE	LEONARD
11:20AM - 12:20PM	BODYATTACK	RON
12:30PM - 01:30PM	BODYCOMBAT	JUNWEI

MIND & BODY STUDIO

10:30AM - 11:30AM	VINYASA YOGA	SANDY
11:40AM - 12:40PM	YIN YOGA	SANDY

CYCLE STUDIO

09:00AM - 10:00AM	RPM 60	GLENN
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PARAGON

MAIN STUDIO

09:00AM - 10:00AM	BODYSTEP	BRIAN
10:15AM - 11:15AM	BODYPUMP	MAY NILO
11:30AM - 12:00PM	LES MILLS GRIT STRENGTH	BRYAN WONG
12:45PM - 01:45PM	BODYJAM	LUCUS

MIND & BODY STUDIO

09:00AM - 10:00AM	PILATES	MAY NILO
10:15AM - 11:15AM	VINYASA YOGA	SOO
11:30AM - 12:30PM	BODYCOMBAT	RAY

CYCLE STUDIO

10:00AM - 11:00AM	RPM 60	VON
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TAMPINES

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	ALBERT SUKIYANTO
10:15AM - 11:15AM	BODYCOMBAT	ALBERT SUKIYANTO
11:30AM - 12:30PM	BODYATTACK	BRYAN TAN
12:45PM - 01:30PM	LES MILLS DANCE	NAILA
01:45PM - 02:45PM	BODYJAM	NAILA

MIND & BODY STUDIO

09:00AM - 10:00AM	DYNAMIC FLOW YOGA	IAN FUNG
10:15AM - 11:15AM	GENTLE FLOW YOGA	IAN FUNG
11:30AM - 12:30PM	VINYASA YOGA	DAVID

CYCLE STUDIO

10:15AM - 11:00AM	RPM	SHARIFAH
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FREESTYLE AREA

11:30AM - 12:15PM	NAK MUAY 45	PRISCILLA
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WESTGATE

MAIN STUDIO

09:00AM - 10:00AM	BODYCOMBAT	YIRU
10:15AM - 11:15AM	GENTLE FLOW YOGA	LESTER
11:30AM - 12:30PM	BODYATTACK	GLENN
12:45PM - 01:45PM	BODYPUMP	GLENN
02:00PM - 02:45PM	LES MILLS DANCE	DESMOND CHEN

CYCLING ZONE

10:30AM - 11:15AM	RPM	WESLEY
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