



 **FITNESS FIRST BUGIS**

# FEEL THE F1 ADRENALINE RUSH

Experience exclusive Les Mills New Releases only during the F1 weekend! Don't miss out! Catch it if you can!

## 21 SEPTEMBER MAIN STUDIO

12:00PM - 01:00PM

**BODYPUMP**

**CHENG YUAN**

01:15PM - 02:00PM

**LES MILLS CORE 45**

**SHUYI**

02:15PM - 03:00PM

**LES MILLS TONE**

**BEN LAI**

03:15PM - 04:00PM

**LES MILLS DANCE**

**NATALIE**

04:15PM - 05:15PM

**BODYJAM**

**JOANNE**

## 22 SEPTEMBER MAIN STUDIO

12:00PM - 01:00PM

**BODYPUMP**

**KAREL**

01:15PM - 02:00PM

**LES MILLS CORE 45**

**GLENN**

02:15PM - 02:45PM

**LES MILLS GRIT STRENGTH**

**GLENN**

03:00PM - 04:00PM

**BODYATTACK**

**KENNY**

04:15PM - 05:15PM

**BODYBALANCE**

**CARRICK**



 **FITNESS FIRST PAYA LEBAR**

# FEEL THE F1 ADRENALINE RUSH

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## 21 SEPTEMBER MAIN STUDIO

12:00PM - 12:30PM

LES MILLS GRIT STRENGTH

SHUYI

12:45PM - 01:45PM

BODYATTACK

DOEY

02:00PM - 03:00PM

BODYBALANCE

VALERIE

03:15PM - 04:15PM

BODYPUMP

JOJO

04:30PM - 05:15PM

LES MILLS TONE

MIKE

## 22 SEPTEMBER MAIN STUDIO

11:30AM - 12:15PM

LES MILLS TONE

MERVYN

12:30PM - 01:30PM

BODYPUMP

PRISCILLA

01:45PM - 02:45PM

BODYJAM

IAN JASMAN



 **FITNESS FIRST JUNCTION 10**

# FEEL THE F1 ADRENALINE RUSH

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## 21 SEPTEMBER MAIN STUDIO

12:30PM - 01:30PM

**BODYSTEP**

**BRIAN**

01:40PM - 02:40PM

**BODYPUMP**

**LENNART**

02:50PM - 03:35PM

**LES MILLS TONE**

**MERVYN**

04:00PM - 05:00PM

**BODYBALANCE**

**PRIYA**

## CYCLING STUDIO

12:15PM - 01:15PM

**RPM60**

**RANDY**

## 22 SEPTEMBER MAIN STUDIO

12:15PM - 01:15PM

**BODYATTACK**

**BENJI**

01:30PM - 02:30PM

**BODYPUMP**

**SIMON**

02:45PM - 03:30PM

**LES MILLS DANCE**

**EUGENE**



 **FITNESS FIRST WESTGATE**

# FEEL THE F1 ADRENALINE RUSH

Experience exclusive Les Mills New Releases only during the F1 weekend! Don't miss out! Catch it if you can!

## 21 SEPTEMBER MAIN STUDIO

12:45PM - 01:45PM

**BODYPUMP**

**GAGE**

04:30PM - 05:15PM

**LES MILLS DANCE**

**RUI TING**

05:45PM - 06:45PM

**BODYSTEP**

**BRIAN TEO**

## 22 SEPTEMBER MAIN STUDIO

02:00PM - 03:00PM

**BODYPUMP**

**RYAN H**

04:30PM - 05:30PM

**BODYBALANCE**

**REGINA**

## CYCLING STUDIO

11:30AM - 12:15PM

**RPM**

**WESLEY**



 **FITNESS FIRST CLEMENTI**

# FEEL THE F1 ADRENALINE RUSH

Experience exclusive Les Mills New Releases only during the F1 weekend! Don't miss out! Catch it if you can!

## 21 SEPTEMBER MAIN STUDIO

01:00PM - 01:45PM

LES MILLS TONE

ELLEIN

02:15PM - 03:15PM

BODYATTACK

ELLEIN

03:30PM - 04:30PM

BODYJAM

DESMOND

## 22 SEPTEMBER MAIN STUDIO

08:30AM - 09:30AM

BODYPUMP

JIMMY

11:30AM - 12:15PM

LES MILLS DANCE

EUGENE NG

12:15PM - 01:15PM

BODYBALANCE

CHRISTINE CHOO



 **FITNESS FIRST METROPOLIS**

# FEEL THE F1 ADRENALINE RUSH

Experience exclusive Les Mills New Releases only during the F1 weekend! Don't miss out! Catch it if you can!

**21 SEPTEMBER**  
**MAIN STUDIO**

01:10PM - 01:55PM

**BODYPUMP 45**

**YEOH**

02:10PM - 02:55PM

**LES MILLS CORE 45**

**PRIYA**