



# VALENTINE'S WEEK SPECIAL CLASSES

14 - 25 FEB 2024

## 100AM

17 FEBRUARY (SAT)

MIND & BODY STUDIO

9.50AM - 11.05AM    PARTNER YOGA    SHERLIN

## FUSIONOPOLIS

20 FEBRUARY (TUE)

MIND & BODY STUDIO

6.30PM - 7.30PM    HATHA PARTNER YOGA    YJ  
7.35PM - 8.35PM    VINYASA PARTNER YOGA    YJ

## MARKET STREET

20 FEBRUARY (TUE)

MIND & BODY STUDIO

7.50PM - 9.05PM    GENTLE FLOW - HAR-    IAN FUNG  
                                 MONISING BREATH &  
                                 MOVEMENT

## ONE RAFFLES QUAY

14 FEBRUARY (WED)

MIND & BODY STUDIO

12.00PM - 12.45PM    HEART OPENING YIN YOGA    SANDY  
1.00PM - 1.45PM    GENTLE VINYASA YOGA - BACK BENDS    SANDY

Feel the love, embrace the burn! Apart from the special Valentine's Day classes above, groove to heart-pumping workouts with a playlist of love songs all week long from 19 - 25 February at selected classes by these instructors:

## BODYPUMP

GLENN, LINDA, NICKY, JASMINE

## BODYCOMBAT

ADELINE GOH, ALBERT SUKIYANTO, JANICE, MAY, MING FEI, NICKY

## BODYJAM

CLARENCE, LUCAS

## SH'BAM

CLARENCE, NAT

## BODYATTACK

GLENN

## RPM

KARLMAL, LILIAN, GLENN, YIN SHI

> Book any of the classes on the [Fitness First mobile app](#) now.