





MIND & BODY STUDIO

09:00AM - 10:00AM	FITBALL	JULIAN
10:15AM - 11:15AM	GENTLE FLOW YOGA	GEORGE
11:30AM - 12:30PM	BODYBALANCE	SEAN
12:45PM - 01:45PM	YIN YOGA	SEAN

CYCLING STUDIO

11:00AM - 11:45AM

RPM

ALAN YAP













BUGIS

MAIN STUDIO

11:00AM - 11:45AM LES MILLS CORE SHUYI

12:00PM - 01:00PM BODYCOMBAT ADELINE GOH

01:15PM - 02:15PM BODYCOMBAT MIU

02:30PM - 03:30PM BODYPUMP MIU

PAYA LEBAR

MAIN STUDIO

10:00AM - 11:00AM	BODYCOMBAT	PRISCILLA
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11:15AM - 12:15PM BODYPUMP PRISCILLA

12:30PM - 01:15PM LES MILLS TONE BENJAMIN LAI

01:30PM - 02:15PM LES MILLS DANCE EUGENE

^{*} Class schedule correct as at time of publication. For most updated class schedule and booking of classes please refer to the Fitness First Asia mobile app.





CLEMENTI

MAIN STUDIO

09:00AM - 10:00AM BODYPUMP JIMMY TAN

10:15AM - 11:15AM BODYATTACK ERIC TIO

11:30AM - 12:30PM BODYCOMBAT LIK MING

12:45PM - 01:45PM HATHA YOGA SHERLIN

02:00PM - 03:00PM SINGING BOWL SHERLIN

JUNCTION 10

MAIN STUDIO

10:15AM - 11:15AM BODYCOMBAT JESSICA

11:30AM - 12:15PM LES MILLS DANCE EUGENE

12:30PM - 01:30PM BODYPUMP JOYCE

CYCLING STUDIO

09:15AM - 10:00AM RPM SHUTING

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MAIN STUDIO

08:45AM - 09:45AM

BODYPUMP

BENJAMIN LAI

10:00AM - 10:45AM

LES MILLS TONE

BENJAMIN LAI

11:00AM - 12:00PM

BODYCOMBAT

WYATT

12:15PM - 01:00PM

BODYPUMP 45

WYATT

MIND & BODY STUDIO

09:00AM - 10:00AM

BODYBALANCE

CHOKY

10:15AM - 11:15AM

GENTLE FLOW YOGA

CHOKY

CYCLING STUDIO

10:00AM - 10:45AM

RPM

WEE BOON













MARKET STREET

MAIN STUDIO

09:00AM - 10:00AM **CIRCUIT FERNIE**

JUNWEI & MIU 10:15AM - 11:15AM **BODYCOMBAT**

11:30AM - 12:30PM **BODYATTACK DANIEL**

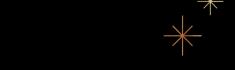
MIND & BODY STUDIO

10:30AM - 11:30AM HATHA YOGA **SOO LIM**

12:00PM - 01:15PM **75MINS YIN YOGA REGINA**

CYCLING STUDIO

RPM FERNIE 10:15AM - 11:00AM



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PARAGON

MAIN STUDIO

09:30AM - 10:00AM GRIT STRENGTH SHU YI

10:15AM - 11:15AM BODYPUMP GLENN

11:30AM - 12:15PM LES MILLS DANCE NAT

12:45PM - 02:00PM BODYSTEP GLENN

MIND & BODY STUDIO

10:15AM - 11:15AM BODYBALANCE HALEY

11:30AM - 12:30PM GENTLE FLOW HALEY

12:45PM - 01:45PM BODYCOMBAT NAT

CYCLING STUDIO

11:30AM - 12:30PM RPM CHALLENGE

GLENN & ALAN TAN







ONE GEORGE STREET

MAIN STUDIO

03:00PM - 04:00PM

BODYJAM

BEN N.

04:15PM - 05:15PM

LES MILLS DANCE

EUGENE



MAIN STUDIO

09:00AM - 10:00AM **BODYJAM**

ANGELINA

10:15AM - 11:15AM

BODYPUMP

ROBYN

11:30AM - 12:30PM

BODYSTEP

BRIAN

12:45PM - 01:45PM

BODYCOMBAT BLAST FROM THE PAST BODYCOMBAT

JUN WEI

02:00PM - 03:00PM

PILATES

ALISON

CYCLING STUDIO

10:30AM - 11:15AM

RPM

ANDY SEAH

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