

20 JUNE 2026

# DADDY'S DAY OUT

Bring your dad along this Father's Day for a special class, plus a **full club access after\*** - because great workouts are better together

\*Selected clubs only. Full club access for non-members is only valid on the class day.

FF FUSIONOPOLIS

08  
20 AM

**GENTLE FLOW YOGA**

60 minutes YJ Mind & Body Studio

FF ANG MO KIO

10  
45 AM

**GENTLE FLOW YOGA**

60 minutes Yvonne Mind & Body Studio

FF TAMPINES

11  
00 AM

**GENTLE FLOW YOGA**

60 minutes George Mind & Body Studio

Class schedule correct as at time of publication.

For most updated class schedule and booking of classes please refer to the Fitness First SEA mobile app.

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FF JUNCTION 10

12  
30 PM

**CIRCUIT**

60 minutes

Desiree

Main Studio

FF PAYA LEBAR

03  
00 PM

**CIRCUIT**

60 minutes

Fang

Main Studio

FF WESTGATE

03  
15 PM

**CIRCUIT**

60 minutes

Desiree

Main Studio

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