

📍 FF 100AM | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

Recharge your mind and body in **Energise** special classes built to lift your energy, with optional partner work in selected sessions for a fun and engaging experience.

10:00

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
CHRISTOPHER LIM



10:00

MAIN
STUDIO

60 mins

BODYPUMP
LEONARD ONG



11:15

MIND
& BODY
STUDIO

60 mins

CORE FLOW YOGA
Partner Work
CHRISTOPHER LIM



11:15

MAIN
STUDIO

60 mins

BODYCOMBAT
JUNWEI



12:30

MIND
& BODY
STUDIO

60 mins

YIN YOGA
With Tennis Balls
KELVIN CHAI



12:30

MAIN
STUDIO

45 mins

**LM STRENGTH
DEVELOPMENT**
AARON H.



13:30

MAIN
STUDIO

90 mins

BODYJAM
ANGELINA



*Class schedule correct as at time of publication.
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classes please refer to the Fitness First SEA mobile app.



Energise Special Class

📍 FF ANG MO KIO | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

Recharge your mind and body in **Energise** special classes built to lift your energy, with optional partner work in selected sessions for a fun and engaging experience.

09:00

MIND
& BODY
STUDIO

60 mins

**GENTLE
FLOW YOGA**
KAI XIN



09:00

MAIN
STUDIO

60 mins

BODYPUMP
GLENN



10:15

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
Backbend Focused
KAI XIN



10:15

MAIN
STUDIO

60 mins

BODYSTEP
JASWIN



10:15

CYCLING
STUDIO

45 mins

RPM
GLENN



11:30

MAIN
STUDIO

60 mins

BODYCOMBAT
LIK MING



11:30

MIND
& BODY
STUDIO

60 mins

**GENTLE
FLOW YOGA**
GLENN



12:45

MAIN
STUDIO

75 mins

BODYJAM
WILLI



13:00

MIND
& BODY
STUDIO

45 mins

**LES MILLS
PILATES**
PRIYA



14:15

MAIN
STUDIO

60 mins

BODYPUMP
PRIYA



15:30

MAIN
STUDIO

60 mins

BODYCOMBAT
PRIYA



Energise Special Class

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📍 FF BUGIS | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

Recharge your mind and body in **Energise** special classes built to lift your energy, with optional partner work in selected sessions for a fun and engaging experience.

10:00

MAIN
STUDIO

60 mins

BODYPUMP
CJ



11:15

MAIN
STUDIO

45 mins

LES MILLS CORE
CJ



12:15

MAIN
STUDIO

60 mins

BODYCOMBAT
YIRU



13:30

MAIN
STUDIO

60 mins

BODYBALANCE
YIRU



14:45

MAIN
STUDIO

60 mins

**GENTLE
FLOW YOGA**
Partner Themed Flow
AARON HEI



REFORMER PILATES

Small, focused classes to sculpt, tone, and realign - from as low as \$25/class

11:00

60 mins

By **CHRISTINE**

12:15

60 mins

By **VIVI K.**

13:30

60 mins

By **MERVYN**

15:00

60 mins

By **JANNEL**

16:15

60 mins

By **AMY**

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Energise Special Class

📍 FF FUSIONOPOLIS | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

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09:00

MAIN
STUDIO

45 mins

CIRCUIT
SHERLIN



10:00

MIND
& BODY
STUDIO

60 mins

**SOUND FLOW
PLUS**
SHERLIN



10:00

MAIN
STUDIO

45 mins

LES MILLS DANCE
RYAN ONG



10:00

MIND
& BODY
STUDIO

60 mins

RPM
BENJI



11:00

MAIN
STUDIO

60 mins

BODYPUMP
ALBERT S



11:10

MIND
& BODY
STUDIO

60 mins

HOT FLOW YOGA
Breath In The Heat
SHERLIN



12:15

MAIN
STUDIO

60 mins

BODYCOMBAT
ALBERT S



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Energise Special Class

📍 FF JUNCTION 10 | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

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09:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
BEN TANG



10:30

**MAIN
STUDIO**

60 mins

BODYBALANCE
BEN TANG



10:45

**CYCLING
STUDIO**

45 mins

RPM
SHU TING



11:45

**MAIN
STUDIO**

60 mins

BODYPUMP
JULIAN



13:00

**MAIN
STUDIO**

60 mins

**DYNAMIC
FLOW YOGA**
Knee Strengthening
JULIAN



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classes please refer to the Fitness First SEA mobile app.



Energise Special Class

📍 FF ONE GEORGE STREET | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

Recharge your mind and body in **Energise** special classes built to lift your energy, with optional partner work in selected sessions for a fun and engaging experience.



10:30

MAIN
STUDIO

60 mins
VINYASA YOGA
Root Down To Rise Up
AMANDA

11:40

MAIN
STUDIO

60 mins
RESTORATIVE YOGA
Root Up To Root Down
AMANDA



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classes please refer to the Fitness First SEA mobile app.



Energise Special Class

📍 FF ONE RAFFLES QUAY | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

Recharge your mind and body in **Energise** special classes built to lift your energy, with optional partner work in selected sessions for a fun and engaging experience.

10:00

**MAIN
STUDIO**

60 mins

BODYPUMP
SHUMIN



10:00

**MIND
& BODY
STUDIO**

60 mins

YOGA
Partner Yoga
YJ



10:30

**CYCLING
STUDIO**

45 mins

RPM
ALAN TAN



11:10

**MAIN
STUDIO**

60 mins

BODYCOMBAT
NICHOLAS



11:15

**FREESTYLE
AREA**

60 mins

HYROX ENGINE
SHUMIN



11:15

**MIND
& BODY
STUDIO**

60 mins

**ADVANCED
FLOW YOGA**
YJ



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Energise Special Class

📍 FF PARAGON | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

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09:00

MAIN
STUDIO

60 mins
CIRCUIT
FERNIE



09:00

MIND
& BODY
STUDIO

60 mins
**GENTLE
FLOW YOGA**
Hip Hip Hooray
DESMOND



10:15

MAIN
STUDIO

60 mins
BODYPUMP
JIMMY TAN



10:15

MIND
& BODY
STUDIO

60 mins
**DYNAMIC
FLOW YOGA**
The Power of Presence
DESMOND



10:15

CYCLING
STUDIO

45 mins
RPM
FERNIE



11:30

MAIN
STUDIO

45 mins
LES MILLS DANCE
JOANNE



11:30

MIND
& BODY
STUDIO

60 mins
BODYCOMBAT
JIMMY TAN



12:45

MAIN
STUDIO

60 mins
BODYJAM
JOANNE



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Energise Special Class

📍 FF PAYA LEBAR | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

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09:30

MAIN
STUDIO

60 mins

BODYPUMP
RENU



10:45

MAIN
STUDIO

60 mins

BODYCOMBAT
RENU



12:00

MAIN
STUDIO

60 mins

PILATES
RENU



13:15

MAIN
STUDIO

60 mins

BODYCOMBAT
MINGFEI



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Energise Special Class

📍 FF TAMPINES | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

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09:00

MAIN
STUDIO

60 mins

BODYCOMBAT
ADELINE GOH



09:00

MIND
& BODY
STUDIO

60 mins

CORE FLOW YOGA
DAVID



10:15

MAIN
STUDIO

60 mins

BODYSTEP
EDWIN KO



10:15

MIND
& BODY
STUDIO

60 mins

**GENTLE
FLOW YOGA**
DAVID



10:15

FREESTYLE
AREA

45 mins

BOOM
ADELINE GOH



11:30

CYCLING
STUDIO

45 mins

RPM
GRACE LEE



11:30

MAIN
STUDIO

45 mins

**CIRQHIIT
TRANSFORM**
EDWIN KO



11:30

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
Arm Balance
DAVID



12:45

MAIN
STUDIO

60 mins

BODYPUMP
GRACE LEE



12:45

MIND
& BODY
STUDIO

45 mins

**LES MILLS
PILATES**
EDWIN KO



14:00

MAIN
STUDIO

60 mins

BODYCOMBAT
GRACE LEE



Energise Special Class

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📍 FF WESTGATE | 27 MAY 2026

HARI RAYA HAJI SPECIAL CLASSES

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09:00

MAIN
STUDIO

60 mins

BODYPUMP
TING WEI



10:15

MAIN
STUDIO

60 mins

BODYATTACK
GORDON



10:30

CYCLING
STUDIO

45 mins

RPM
LENNART



11:30

MAIN
STUDIO

45 mins

**LES MILLS
PILATES**
REGINA



12:30

MAIN
STUDIO

60 mins

BODYCOMBAT
KENNETH



13:45

MAIN
STUDIO

45 mins

**LM FUNCTIONAL
STRENGTH**
BRIAN



14:45

MAIN
STUDIO

45 mins

LES MILLS DANCE
JOANNE



15:45

MAIN
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
LI HUA



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Energise Special Class