

📍 FF 100AM | 1 MAY 2026

# LABOUR DAY SPECIAL CLASSES

Switch up your usual BODYPUMP class and take your strength to the next level with our special **STRONGER** classes!

**09:45**

**MIND  
& BODY  
STUDIO**

60 mins

**HATHA YOGA**  
DAVID



**10:00**

**MAIN  
STUDIO**

45 mins

**CIRCUIT**  
JAY



**11:00**

**MIND  
& BODY  
STUDIO**

60 mins

**CORE FLOW YOGA**  
DAVID



**11:00**

**MAIN  
STUDIO**

60 mins

**BODYCOMBAT**  
JASPER MAK



**12:15**

**MIND  
& BODY  
STUDIO**

60 mins

**BODYBALANCE**  
JASPER MAK



**12:15**

**MAIN  
STUDIO**

45 mins

**LES MILLS TONE**  
BEN LAI



**13:15**

**MAIN  
STUDIO**

60 mins

**BODYPUMP**  
BEN LAI



**13:30**

**MIND  
& BODY  
STUDIO**

60 mins

**SOUND  
FLOW YOGA**  
HENRY



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classes please refer to the Fitness First SEA mobile app.

 Stronger Special Class

# LABOUR DAY SPECIAL CLASSES

Switch up your usual BODYPUMP class and take your strength to the next level with our special **STRONGER** classes!

**09:00**  
MAIN STUDIO

60 mins  
**TOTAL BODY CONDITIONING**  
BEN TANG



**09:00**  
MIND & BODY STUDIO

60 mins  
**GENTLE FLOW YOGA**  
ALISON




**10:15**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
BEN TANG



**10:15**  
MIND & BODY STUDIO

60 mins  
**DYNAMIC FLOW YOGA**  
ALISON



**10:15**  
CYCLING STUDIO

45 mins  
**RPM BOON**



**11:30**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
BENEDICT



**11:30**  
MIND & BODY STUDIO

60 mins  
**BODYBALANCE**  
BEN TANG



**12:45**  
MAIN STUDIO

45 mins  
**LES MILLS DANCE**  
JOANNE



**13:45**  
MAIN STUDIO

60 mins  
**BODYJAM**  
JOANNE



**15:00**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
MIU



**16:15**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
MIU



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**10:00**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
ADELINE GOH



**11:00**  
REFORMER STUDIO

60 mins  
**REFORMER PILATES**  
KAREL



**11:15**  
MAIN STUDIO

60 mins  
**BODYPUMP HEAVY**  
ADELINE GOH



**12:15**  
REFORMER STUDIO

60 mins  
**REFORMER PILATES**  
NAILA



**12:30**  
MAIN STUDIO

60 mins  
**BODYBALANCE**  
YIRU



**13:30**  
REFORMER STUDIO

60 mins  
**REFORMER PILATES**  
NATALIE



**13:45**  
MAIN STUDIO

45 mins  
**LES MILLS DANCE**  
NAILA



**14:45**  
MAIN STUDIO

60 mins  
**BODYJAM**  
NAILA



**15:00**  
REFORMER STUDIO

60 mins  
**REFORMER PILATES**  
FANG



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📍 FF FUSIONOPOLIS | 1 MAY 2026

# LABOUR DAY SPECIAL CLASSES


Switch up your usual BODYPUMP class and take your strength to the next level with our special **STRONGER** classes!



**08:45**  
MAIN STUDIO  
60 mins  
**TOTAL BODY CONDITIONING**  
DESIREE



**10:00**  
MAIN STUDIO  
60 mins  
**CORE CONDITIONING**  
DESIREE



**10:00**  
MIND & BODY STUDIO  
60 mins  
**DYNAMIC FLOW YOGA**  
CHRISTOPHER LIM



**10:15**  
CYCLING STUDIO  
45 mins  
**RPM**  
SHUTING



**11:10**  
MIND & BODY STUDIO  
60 mins  
**CORE FLOW YOGA**  
CHRISTOPHER LIM



**11:15**  
MAIN STUDIO  
60 mins  
**BODYPUMP HEAVY**  
LEWIS



**12:30**  
MAIN STUDIO  
60 mins  
**BODYCOMBAT**  
LEWIS

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 Stronger Special Class

📍 FF JUNCTION 10 | 1 MAY 2026

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**09:15**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
LEO



**10:30**  
MAIN STUDIO

60 mins  
**BODYPUMP HEAVY**  
LEO



**10:45**  
CYCLING STUDIO

45 mins  
**RPM**  
ALAN TAN



**11:45**  
MAIN STUDIO

60 mins  
**ZUMBA**  
MUS & AMILIA



**13:00**  
MAIN STUDIO

60 mins  
**BODYJAM**  
JULIAN



**14:15**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
RYAN LOW



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 Stronger Special Class

📍 FF ONE GEORGE STREET | 1 MAY 2026

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**10:00**  
MAIN STUDIO

60 mins  
**BASIC STEP**  
FIONA



**11:10**  
MAIN STUDIO

60 mins  
**INTERMEDIATE STEP**  
FIONA



**13:00**  
MAIN STUDIO

45 mins  
**BOOM**  
MING FEI



**14:00**  
MAIN STUDIO

60 mins  
**BODYPUMP HEAVY**  
MING FEI



**15:10**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
MING FEI



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**09:00**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
SHUMIN



**10:00**  
MIND & BODY STUDIO

60 mins  
**DYNAMIC FLOW YOGA**  
KESTER



**10:10**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
JUNWEI



**10:15**  
FREESTYLE AREA

45 mins  
**HYROX ENGINE**  
SHUMIN



**10:20**  
CYCLING STUDIO

45 mins  
**RPM**  
FERNIE



**11:10**  
MIND & BODY STUDIO

60 mins  
**ADVANCED FLOW YOGA**  
SANDY



**11:20**  
MAIN STUDIO

45 mins  
**CIRCUIT**  
FERNIE



**12:15**  
MAIN STUDIO

45 mins  
**CIRCUIT**  
JAY



**12:20**  
MIND & BODY STUDIO

60 mins  
**SOUND FLOW PLUS**  
SANDY



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 Stronger Special Class

# LABOUR DAY SPECIAL CLASSES

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**09:00**

**MIND & BODY STUDIO**

60 mins

**BODYBALANCE**  
KEE



**10:15**

**MAIN STUDIO**

45 mins

**BODYPUMP**  
JOJO



**10:15**

**CYCLING STUDIO**

45 mins

**RPM**  
KEE



**10:15**

**MIND & BODY STUDIO**

60 mins

**LES MILLS PILATES**  
AARON



**10:15**

**FREESTYLE AREA**

45 mins

**HYROX ENGINE**  
YI LONG



**11:30**

**MIND & BODY STUDIO**

60 mins

**YOGA**  
AARON



**11:30**

**MAIN STUDIO**

45 mins

**LES MILLS SHAPES**  
PRIYA



**12:45**

**MIND & BODY STUDIO**

60 mins

**BODYCOMBAT**  
PRIYA



**12:45**

**MAIN STUDIO**

45 mins

**LM STRENGTH DEVELOPMENT**  
AARON



**13:45**

**MAIN STUDIO**

60 mins

**BODYJAM**  
RYAN



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📍 FF PAYA LEBAR | 1 MAY 2026

# LABOUR DAY SPECIAL CLASSES

Switch up your usual BODYPUMP class and take your strength to the next level with our special **STRONGER** classes!

**09:30**

MAIN  
STUDIO

60 mins

**BODYCOMBAT**  
JESSICA



**10:45**

MAIN  
STUDIO

60 mins

**BODYPUMP**  
GLENN



**12:00**

MAIN  
STUDIO

60 mins

**BODYPUMP  
HEAVY**  
GLENN



**13:15**

MAIN  
STUDIO

60 mins

**LES MILLS  
CORE**  
GLENN



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**09:00**  
MAIN STUDIO

45 mins  
**LM STRENGTH DEVELOPMENT**  
MIU



**09:00**  
MIND & BODY STUDIO

60 mins  
**GENTLE FLOW YOGA**  
JENNIFER CHEN



**10:15**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
MIU



**10:15**  
MIND & BODY STUDIO

60 mins  
**DYNAMIC FLOW YOGA**  
JENNIFER CHEN



**11:30**  
CYCLING STUDIO

45 mins  
**RPM**  
JENNIFER CHEN



**11:30**  
MIND & BODY STUDIO

60 mins  
**PILATES**  
RENU



**11:30**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
RACHEL SOH



**12:45**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
RENU



**14:00**  
MAIN STUDIO

45 mins  
**LES MILLS DANCE**  
EUGENE NG



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 Stronger Special Class

📍 FF WESTGATE | 1 MAY 2026

# LABOUR DAY SPECIAL CLASSES

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**09:00**

MAIN  
STUDIO

60 mins

**BODYCOMBAT**  
JANICE



**10:15**

MAIN  
STUDIO

60 mins

**BODYJAM**  
ANGELINA



**10:30**

CYCLING  
STUDIO

45 mins

**RPM**  
ANDY



**11:30**

MAIN  
STUDIO

60 mins

**BODYSTEP**  
EDRIC



**12:45**

MAIN  
STUDIO

45 mins

**LES MILLS  
SHAPES**  
BHAS



**13:45**

MAIN  
STUDIO

60 mins

**BODYPUMP  
HEAVY**  
LEO



**15:00**

MAIN  
STUDIO

75 mins

**SOUND FLOW  
PLUS**  
DAWN



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Stronger Special Class