

THURS, 11 JUNE 2026

LES MILLS A.M. PARTY

Be among the first to experience the latest releases of Les Mills BODYATTACK and BODYPUMP Heavy, plus a new program, Les Mills CEREMONY!



FF ONE GEORGE STREET

08
15 AM

60 minutes

BODYATTACK #132

by **Bhas** (Les Mills Asia Pacific Presenter)

09
30 AM

60 minutes

BODYPUMP HEAVY #4

by **Marlon Woods** (Les Mills International Presenter)
& **Reagan Kang** (Les Mills International Presenter)

10
45 AM

45 minutes

CEREMONY #11

by **Edwin Ko** (Les Mills Asia Pacific Presenter)
& **Jo Tan** (Les Mills Asia Pacific Presenter)



Meet Marlon Woods & Reagan Kang for a photo-taking opportunity

Open to all members who have booked the 9:30am BODYPUMP Heavy class.
Limited to the first 10 arrivals by 9:00am.

*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.