

MOTHER'S DAY SPECIAL | 9 MAY 2026

BY MOMS, FOR MOMS

FF PAYA LEBAR

**08
30** AM

LES MILLS PILATES

45 minutes 🌸 Nicky

FF FUSIONOPOLIS

**09
40** AM

BODYATTACK

Unstoppable: SuperMum Mode
60 minutes 🌸 Grace Yew

FF TAMPINES

**09
45** AM

RPM

45 minutes 🌸 Christina Chin & Bernie

*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 ANG MO KIO

**10
45** AM

GENTLE FLOW YOGA

60 minutes 🌸 Yvonne Seow

FF JUNCTION 10

**11
20** AM

GENTLE FLOW YOGA

60 minutes 🌸 Caroline

FF WESTGATE

**03
15** PM

BODYCOMBAT

60 minutes 🌸 Joyce

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