

📍 FF 100AM



NEW Class!

DECEMBER '25 CLASS SCHEDULE

MONDAY



07:15 | Mind & Body Studio

GENTLE FLOW
IAN

07:15 | Main Studio

BODYPUMP
CHENGYUAN

12:00 | Mind & Body Studio

BODYBALANCE
AMY

12:00 | Main Studio

BODYCOMBAT
KENNETH

13:00 | Freestyle Area

HIITX

13:10 | Main Studio

BODYPUMP
ALAN SHIN

13:15 | Mind & Body Studio

SOUND FLOW PLUS
HENRY



17:30 | Main Studio

**LES MILLS STRENGTH
DEVELOPMENT**
VIVI WOON

18:25 | Main Studio

BODYSTEP
JASWIN

18:25 | Mind & Body Studio

BODYBALANCE
JOEL WONG

18:30 | Freestyle Area

HYROX COMPLETE

19:35 | Main Studio

BODYPUMP
VIVI WOON

19:35 | Mind & Body Studio

DYNAMIC FLOW
DAWN TAN

*Class schedule correct as at time of publication.

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NEW Class!

DECEMBER '25 CLASS SCHEDULE

TUESDAY

07:15 | Main Studio

BODYCOMBAT
PRISCILLA



07:15 | Mind & Body Studio

DYNAMIC FLOW
IAN

12:00 | Main Studio

BODYPUMP
CHRISTOPHER SIM

12:00 | Mind & Body Studio

GENTLE FLOW
JULIAN

12:15 | Freestyle Area

HYROX ENGINE

13:10 | Main Studio

BODYJAM
JULIAN

13:10 | Mind & Body Studio

HOT FLOW
CHRISTOPHER LIM

17:30 | Main Studio

BODYCOMBAT
MING FEI

18:25 | Mind & Body Studio

YOGA CORE
DAVID

18:25 | Main Studio

STEP MOVES
AMY

19:35 | Mind & Body Studio

BODYBALANCE
AMY

19:35 | Main Studio

BODYPUMP
YEOH



20:45 | Main Studio

BODYCOMBAT
JANICE

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NEW Class!

DECEMBER '25 CLASS SCHEDULE

WEDNESDAY

06:30 | Freestyle Area
HYROX POWER

07:15 | Mind & Body Studio
HOT FLOW
CHRISTOPHER LIM

12:00 | Main Studio
ZUMBA
MUS

12:00 | Mind & Body Studio
HOT FLOW
JULIAN

12:15 | Freestyle Area
HIITX



13:10 | Main Studio
**SUSPENSION
EXERCISE CLASS**
BENJI

13:10 | Mind & Body Studio
FITBALL
JULIAN

17:15 | Main Studio
AERIAL FLOW
JOANNA

18:25 | Main Studio
BODYPUMP
VIVI

18:25 | Mind & Body Studio
HATHA YOGA
SOO

18:30 | Freestyle Area
HYROX POWER

19:35 | Mind & Body Studio
VINYASA YOGA
SOO

19:35 | Main Studio
BODYCOMBAT
JANICE

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NEW Class!

DECEMBER '25 CLASS SCHEDULE

THURSDAY



07:15 | Mind & Body Studio
BODYBALANCE
VIVI WOON

12:00 | Main Studio
TRX
CHRISTOPHER LIM

12:00 | Mind & Body Studio
BODYBALANCE
AMY

12:15 | Freestyle Area
HYROX POWER



13:00 | Mind & Body Studio
DYNAMIC FLOW
CHRISTOPHER LIM

13:10 | Main Studio
CIRCUIT
LINDA

17:30 | Main Studio
BODYPUMP
JULIAN

18:25 | Main Studio
ZUMBA
JULIAN

18:25 | Mind & Body Studio
PILATES
DAVID CHEW

19:35 | Mind & Body Studio
HATHA YOGA
DAVID CHEW

19:35 | Main Studio
BODYCOMBAT
LIK MING

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DECEMBER '25 CLASS SCHEDULE

FRIDAY

07:15 | Main Studio

CIRCUIT
YEOH

07:30 | Mind & Body Studio

HATHA YOGA
SANDY

12:00 | Mind & Body Studio

SOUND FLOW
PLUS
SHERLIN

12:00 | Main Studio

BODYCOMBAT
NAT

13:00 | Freestyle Area

HIITX



13:10 | Main Studio

AERIAL FLOW
GLENN

13:10 | Mind & Body Studio

BODYBALANCE
YEOH

17:15 | Main Studio

AERIAL FLOW
GEORGE

18:25 | Main Studio

BODYPUMP
TING WEI

18:25 | Mind & Body Studio

GENTLE FLOW
CHRISTOPHER LIM

18:30 | Freestyle Area

HYROX
FOUNDATIONAL

19:35 | Main Studio

BODYCOMBAT
FANG

19:35 | Mind & Body Studio

HOT FLOW
CHRISTOPHER LIM

20:45 | Mind & Body Studio

CORE CONDITIONING
CHRISTOPHER LIM

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NEW Class!

DECEMBER '25 CLASS SCHEDULE

SATURDAY

08:45 | Mind & Body Studio

YOGA
SHERLIN

09:00 | Main Studio

BODYPUMP
LOKIES



10:00 | Mind & Body Studio

HOT FLOW
LESTER LOW

10:10 | Main Studio

STEP MOVES
FIONA

11:15 | Mind & Body Studio

YIN YOGA
JOANNA

11:20 | Main Studio

BODYCOMBAT
GARY TAN

12:30 | Mind & Body Studio

PILATES
CAROL CHEONG

12:30 | Main Studio

**LES MILLS STRENGTH
DEVELOPMENT**
VIVI WOON

13:45 | Main Studio

ZUMBA
AMILIA

13:45 | Mind & Body Studio

HATHA YOGA
ALBERT TAN

15:00 | Main Studio

BODYJAM
JULIAN

15:00 | Mind & Body Studio

RESTORATIVE YOGA
ALBERT TAN

15:00 | Freestyle Area

HYROX ENGINE

16:15 | Main Studio

BODYCOMBAT
MIU

16:15 | Mind & Body Studio

BODYBALANCE
JULIAN

17:30 | Main Studio

BODYPUMP
GAVIN

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NEW Class!

DECEMBER '25 CLASS SCHEDULE

SUNDAY

08:45 | Mind & Body Studio
YOGA
SOO

08:45 | Main Studio
AERIAL FLOW
GLENN

10:00 | Mind & Body Studio
HATHA YOGA
SOO

10:00 | Main Studio
BODYPUMP
IBRAHIM

11:15 | Mind & Body Studio
YOGA CORE
JOEY KOH

11:15 | Main Studio
BODYCOMBAT
ENID

12:30 | Mind & Body Studio
HATHA YOGA
ALBERT TAN

12:30 | Main Studio
BODYJAM
TAUFIQ

13:45 | Mind & Body Studio
YOGA
ALBERT TAN

13:45 | Main Studio
**LES MILLS STRENGTH
DEVELOPMENT**
JOEL WONG

15:00 | Main Studio
BODYPUMP
GAVIN

15:00 | Mind & Body Studio
BODYBALANCE
CS

15:00 | Freestyle Area
HYROX POWER

16:15 | Main Studio
BODYCOMBAT
GAVIN

16:15 | Mind & Body Studio
HATHA YOGA
CHANDRAN

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