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

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

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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 FLOWJULIAN

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

18:25 | Main Studio

STEP MOVES

19:35 | Mind & Body Studio
BODYBALANCE
AMY

19:35 | Main Studio

BODYPUMP YEOH

20:45 | Main Studio

BODYCOMBAT JANICE

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

13:10 | Mind & Body Studio

FITBALL JULIAN

BENII

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

500

19:35 | Main Studio

BODYCOMBAT JANICE

THURSDAY

07:15 | Mind & Body Studio

BODYBALANCE VIVI WOON

12:00 | Main Studio

TRX CHRISTOPHER LIM

12:00 | Mind & Body Studio

BODYBALANCEAMY

12:15 | Freestyle Area

HYROX POWER

13:00 | Mind & Body Studio

DYNAMIC FLOW CHRISTOPHER LIM

13:10 | Main Studio

CIRCUIT

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

NEW Class!

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

BODYCOMBATNAT

13:00 | Freestyle Area **HIITX**

13:10 | Main Studio

AERIAL FLOW

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 FLOWCHRISTOPHER 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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SATURDAY

08:45 | Mind & Body Studio

YOGA SHERLIN

09:00 | Main Studio

BODYPUMPLOKIES

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

BODYCOMBATGARY 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

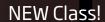
BODYBALANCE JULIAN

17:30 | Main Studio

BODYPUMPGAVIN

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SUNDAY

08:45 | Mind & Body Studio **YOGA**

500

08:45 | Main Studio

AERIAL FLOW GLENN

10:00 | Mind & Body Studio

HATHA YOGA

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

15:00 | Freestyle Area

HYROX POWER

16:15 | Main Studio

BODYCOMBAT GAVIN

16:15 | Mind & Body Studio

HATHA YOGA CHANDRAN