



DECEMBER '25 CLASS SCHEDULE

MONDAY



07:00 | Mind & Body Studio
GENTLE FLOW YOGA
GEORGE

08:00 | Main Studio
BODYPUMP
JOJO

08:00 | Mind & Body Studio
HATHA YOGA
LIHUA

09:15 | Main Studio
TRX
GEORGE

09:15 | Mind & Body Studio
BODYBALANCE
JEFFREY CHUA

10:30 | Main Studio
CORE CONDITIONING
EDWIN KO

10:30 | Mind & Body Studio
LES MILLS PILATES
ANGIE

10:30 | Cycling Studio
RPM
CHRISTIANA CHIN

11:45 | Main Studio
BODYSTEP
EDWIN KO

11:45 | Mind & Body Studio
GENTLE FLOW
JULIAN

13:00 | Main Studio
BODYCOMBAT
FANG

14:10 | Main Studio
CIRQHIIT
FANG

17:15 | Main Studio
BODYPUMP
JO TAN

18:30 | Mind & Body Studio
YOGA
SHERLIN

18:45 | Cycling Studio
RPM
ALAN TAN

18:30 | Main Studio
BODYCOMBAT
JO TAN

19:45 | Main Studio
BODYATTACK
JACKY POEA

19:45 | Mind & Body Studio
PILATES
VALERIE HO

19:45 | Cycling Studio
INTERVAL RIDE
SHERLIN

21:00 | Main Studio
BODYCOMBAT
EDWIN CHIAM



DECEMBER '25 CLASS SCHEDULE

TUESDAY



07:00 | Main Studio
BODYPUMP
SHIRLEY

08:15 | Main Studio
CIRCUIT
NAT

09:15 | Main Studio
BODYCOMBAT
NAT

09:15 | Mind & Body Studio
PILATES
MOLLY

10:30 | Mind & Body Studio
GENTLE FLOW
JOYCE

10:30 | Main Studio
BODYJAM
NAILA

10:30 | Cycling Studio
RPM
CHRISTINA CHIN

11:45 | Mind & Body Studio
VINYASA YOGA
DESMOND ONG

11:45 | Main Studio
LM DANCE
NAILA

13:00 | Main Studio
CIRCUIT
ALI



17:30 | Main Studio
LES MILLS DANCE
GEORGE

18:30 | Main Studio
BODYCOMBAT
FANG

18:30 | Mind & Body Studio
YOGA
KAJAL

18:45 | Cycling Studio
RPM
YVONNE SEOW

19:45 | Mind & Body Studio
GENTLE FLOW
YVONNE SEOW

19:45 | Main Studio
BODYSTEP
EDWIN KO

21:00 | Main Studio
CIRQHIIT
EDWIN KO

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DECEMBER '25 CLASS SCHEDULE

WEDNESDAY

07:00 | Main Studio

CIRCUIT
JAY

08:00 | Main Studio

BODYCOMBAT
NAT

08:00 | Mind & Body Studio

BODYBALANCE
HALEY

09:15 | Main Studio

LES MILLS TONE
EDWIN KO

09:15 | Mind & Body Studio

YIN YOGA
JEFFREY

09:15 | Cycling Studio

RPM
VON

10:30 | Main Studio

BODYSTEP
EDWIN KO

10:30 | Mind & Body Studio

DYNAMIC FLOW
SERENA TAN

11:45 | Main Studio

ZUMBA
ANGIE

11:45 | Mind & Body Studio

GENTLE FLOW
DESMOND ONG

13:00 | Main Studio

TRX
ALI

17:15 | Main Studio

BODYPUMP
ALAN SHIN

18:30 | Mind & Body Studio

GENTLE FLOW
CINDY

18:30 | Main Studio

STEP MOVES
FIONA

18:45 | Cycling Studio

RPM
JENNIFER CHEN

19:45 | Main Studio

LES MILLS DANCE
ANITA

19:45 | Mind & Body Studio

BODYBALANCE
BEN TANG

20:45 | Main Studio

BODYJAM
ANITA

*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.



DECEMBER '25 CLASS SCHEDULE

THURSDAY

07:00 | Main Studio
BODYCOMBAT
ROYSTON

07:00 | Mind & Body Studio
SOUND FLOW PLUS
DESMOND ONG

08:00 | Main Studio
BODYPUMP
ROYSTON

08:15 | Mind & Body Studio
LES MILLS PILATES
JEFFREY

09:15 | Main Studio
**TOTAL BODY
CONDITIONING**
JULIAN

09:15 | Mind & Body Studio
BODYBALANCE
JEFFREY

10:30 | Mind & Body Studio
GENTLE FLOW
JOYCE

10:30 | Cycling Studio
RPM
VON

10:45 | Main Studio
LES MILLS DANCE
NAILA

11:45 | Main Studio
BODYJAM
NAILA

11:45 | Mind & Body Studio
FITBALL
JULIAN

13:00 | Main Studio
BODYCOMBAT
LOCK

14:15 | Main Studio
TRX
ALI

17:30 | Main Studio
BODYCOMBAT
RACHEL SOH

17:30 | Mind & Body Studio
PILATES
SERENA TAN

18:30 | Mind & Body Studio
HATHA YOGA
HALEY

18:30 | Main Studio
BODYJAM
LEE TONG

18:45 | Cycling Studio
RPM
LILIAN

19:45 | Main Studio
BODYPUMP
GAGE

19:45 | Mind & Body Studio
BODYBALANCE
HALEY

20:55 | Main Studio
BODYJAM
ZHENGJIE

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DECEMBER '25 CLASS SCHEDULE

FRIDAY

07:00 | Main Studio

BODYPUMP
PRISCILLA

08:00 | Main Studio

BODYCOMBAT
LOCK

08:00 | Mind & Body Studio

PILATES
DAVID CHEW

09:15 | Main Studio

LES MILLS SHAPES
BHAS

09:15 | Mind & Body Studio

FITBALL
JULIAN

10:30 | Main Studio

ZUMBA
JULIAN

10:30 | Mind & Body Studio

HATHA YOGA
HALEY

11:45 | Mind & Body Studio

RESTORATIVE YOGA
HALEY

11:45 | Main Studio

BODYCOMBAT
NICKY

13:00 | Main Studio

BODYPUMP
JULIAN

17:30 | Main Studio

LES MILLS DANCE
NAILA

18:30 | Mind & Body Studio

BODYBALANCE
SEAN

18:30 | Main Studio

BODYJAM
NAILA

18:45 | Cycling Studio

RPM
VIVIEN

19:45 | Main Studio

BODYCOMBAT
LEWIS

19:45 | Mind & Body Studio

YOGA
KAJAL

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DECEMBER '25 CLASS SCHEDULE

SATURDAY

09:00 | Main Studio

LES MILLS TONE
EDWIN KO

09:30 | Mind & Body Studio

FITBALL
YVONNE SEOW

10:00 | Main Studio

BODYSTEP
EDWIN KO

10:45 | Mind & Body Studio

GENTLE FLOW
YVONNE SEOW

11:00 | Main Studio

CIRQHIIT
EDWIN KO

11:00 | Cycling Studio

RPM
ALAN YAP

12:00 | Main Studio

BODYATTACK
EDWIN CHIAM

12:00 | Mind & Body Studio

PILATES
EULIN

13:15 | Main Studio

BODYCOMBAT
EDWIN CHIAM

13:15 | Mind & Body Studio

BODYBALANCE
BEN TANG

14:30 | Main Studio

BODYPUMP
NICKY

14:30 | Mind & Body Studio

HATHA YOGA
JO LIM

15:45 | Main Studio

BODYCOMBAT
RYAN LOW

15:45 | Mind & Body Studio

YIN YOGA
JO LIM

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DECEMBER '25 CLASS SCHEDULE

SUNDAY

09:30 | Main Studio

CIRCUIT
ALI

09:30 | Mind & Body Studio

YIN YOGA
ANGIE CHOO

10:45 | Main Studio

BODYCOMBAT
KEE

10:45 | Mind & Body Studio

**RESTORATIVE
YOGA**
ANGIE CHOO

10:45 | Cycling Studio

RPM
ALAN TAN

12:00 | Main Studio

BODYPUMP
KEE

12:00 | Mind & Body Studio

DYNAMIC FLOW
IAN FUNG

13:15 | Main Studio

BODYSTEP
JASPER

13:15 | Mind & Body Studio

PILATES
DAVID CHEW

14:30 | Main Studio

BODYCOMBAT
ZHENGJIE

14:30 | Mind & Body Studio

BODYBALANCE
KEE

15:45 | Main Studio

BODYJAM
LEE TONG

15:45 | Mind & Body Studio

GENTLE FLOW
JENNY

17:00 | Main Studio

LES MILLS DANCE
SHAWN NG

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