

DECEMBER '25 CLASS SCHEDULE

MONDAY

07:00 | Main Studio

BODYPUMP
LEONARD ONG

12:15 | Main Studio

BODYPUMP
JASMINE

13:10 | Main Studio

BODYBALANCE
JASMINE

18:30 | Main Studio

BODYPUMP
LOKIES

18:30 | Freestyle Area

HERO45

19:30 | Main Studio

BODYCOMBAT
JASPER

20:40 | Main Studio

BODYJAM
AMY

TUESDAY

07:00 | Main Studio

BODYCOMBAT
NICOLE

12:00 | Freestyle Area

HYROX COMPLETE
JAY

12:15 | Main Studio

BODYCOMBAT
KAREL

13:10 | Main Studio

BODYPUMP
KAREL

18:30 | Freestyle Area

HERO45

18:30 | Main Studio

BODYCOMBAT
NAT

19:30 | Main Studio

LES MILLS DANCE
NAT

20:30 | Main Studio

BODYPUMP
NAT

*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

WEDNESDAY

🔔 07:00 | Main Studio
BODYBALANCE
AMY

12:15 | Main Studio
CIRQHIIT
JASMINE

🔔 13:10 | Main Studio
PILATES
JASMINE

18:30 | Main Studio
BODYCOMBAT
KATHERINE

18:30 | Freestyle Area
HYROX ENGINE
ALVIN

19:30 | Main Studio
CIRCUIT
JAY

20:30 | Main Studio
BODYPUMP
BEN LAI

THURSDAY

07:00 | Main Studio
BODYPUMP
LEONARD ONG

12:00 | Freestyle Area
HERO45

12:15 | Main Studio
BODYPUMP
KAREL

13:10 | Main Studio
BODYCOMBAT
KAREL

18:30 | Main Studio
BODYCOMBAT
MING FEI

18:45 | Freestyle Area
HYROX COMPLETE
KESTER

19:30 | Main Studio
BODYPUMP
WYATT

20:40 | Main Studio
BODYCOMBAT
WYATT



DECEMBER '25 CLASS SCHEDULE

FRIDAY

07:00 | Main Studio

CIRQHIIT
FANG

12:15 | Main Studio

BODYBALANCE
AMY

12:30 | Freestyle Area

BURN

13:10 | Main Studio

GENTLE FLOW YOGA
AMY

17:00 | Freestyle Area

HYROX POWER
HAZLY

18:30 | Main Studio

BODYPUMP
PRIYA

19:30 | Main Studio

BODYCOMBAT
YI RU

SATURDAY

09:00 | Main Studio

CIRCUIT
FERNIE

10:15 | Main Studio

BODYPUMP
FERNIE

11:30 | Main Studio

LES MILLS CORE
SHU YI

12:30 | Main Studio

BODYPUMP
CHENGYUAN

13:45 | Main Studio

BODYCOMBAT
NAT

15:00 | Freestyle Area

HYROX FOUNDATIONAL
PING HOE

15:00 | Main Studio

LES MILLS DANCE
NAT

16:00 | Main Studio

BODYJAM
TAUFIQ

17:15 | Main Studio

AERIAL FLOW
BEN CHIU

*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

SUNDAY

09:40 | Main Studio

CIRCUIT

KAREL

10:15 | Main Studio

BODYBALANCE

CS

12:00 | Main Studio

BODYPUMP

KAREL

13:15 | Main Studio

BODYCOMBAT

KAREL

14:30 | Main Studio

BODYPUMP

CARRICK

15:45 | Main Studio

LES MILLS CORE

GLENN

16:45 | Main Studio

AERIAL FLOW

GLENN

*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.