



DECEMBER '25 CLASS SCHEDULE

MONDAY

07:15 | Main Studio

**LES MILLS STRENGTH
DEVELOPMENT**
BRYAN WONG

07:15 | Cycling Studio

RPM
MONICA

11:00 | Swimming Pool

H2O HIIT
SHERLIN

12:00 | Main Studio

BODYPUMP
GAVIN

12:00 | Cycling Studio

RPM
VIVI WOON

12:15 | Outdoor Area

**HYROX
FOUNDATIONAL**

13:00 | Cycling Studio

INTERVAL RIDE
SHERLIN

13:10 | Main Studio

CIRCUIT
CHRISTINE CHIAM

17:30 | Main Studio

HYROX COMPLETE

18:30 | Swimming Pool

AQUA FIT
HANYUE

18:30 | Main Studio

BODYPUMP
MARIE

18:30 | Cycling Studio

RPM
MONICA

19:30 | Cycling Studio

RPM
BENJI

19:45 | Main Studio

BODYATTACK
JASALIN



DECEMBER '25 CLASS SCHEDULE

TUESDAY

07:15 | Main Studio
HYROX POWER

07:30 | Cycling Studio
RPM
GERALD TAN

12:00 | Cycling Studio
RPM
VIVI WOON

12:00 | Swimming Pool
SWIM CLUB
LEON

12:00 | Main Studio
**LES MILLS STRENGTH
DEVELOPMENT**
GLENN

13:00 | Main Studio
HIIT X RUSH

13:00 | Cycling Studio
RPM
VIVI WOON

17:30 | Main Studio
BODYPUMP
VIVI WOON

18:30 | Cycling Studio
RPM
YEOH

18:30 | Outdoor Area
**HYROX
COMPLETE**

18:45 | Main Studio
**LES MILLS
PILATES**
KESTER

19:00 | Outdoor Area
RUN CLUB
EDDIE

19:35 | Cycling Studio
RPM
CHRISTINA CHIN

19:45 | Main Studio
BODYCOMBAT
NICHOLAS MAK



DECEMBER '25 CLASS SCHEDULE

WEDNESDAY



07:15 | Cycling Studio

RPM

BENJI

07:15 | Main Studio

CIRCUIT

DESIREE



11:00 | Swimming Pool

H2O HIIT

DESIREE

12:00 | Main Studio

BODYPUMP

SHIRLEY TAN

12:00 | Cycling Studio

RPM

KELVIN TAN



13:00 | Cycling Studio

RPM

KELVIN TAN

13:10 | Main Studio

HIIT X STRENGTH



17:30 | Main Studio

HYROX ENGINE

18:30 | Cycling Studio

RPM

MONICA

18:30 | Swimming Pool

AQUA FIT

HANYUE



18:30 | Outdoor Area

HIIT X STRENGTH

18:45 | Main Studio

**LES MILLS STRENGTH
DEVELOPMENT**

BRYAN WONG

19:30 | Cycling Studio

RPM

WESLEY

19:45 | Main Studio

BODYATTACK

DONOVAN



DECEMBER '25 CLASS SCHEDULE

THURSDAY



07:15 | Main Studio

**HYROX
FOUNDATIONAL**

07:30 | Cycling Studio

**RPM
MONICA**

12:00 | Cycling Studio

**RPM
YVONNE SEOW**

12:00 | Main Studio

**CIRCUIT
DESIREE**

12:00 | Swimming Pool

**SWIM CLUB
LEON**



13:00 | Cycling Studio

**RPM
YVONNE SEOW**

13:00 | Main Studio

**BODYCOMBAT
LEWIS**



17:30 | Main Studio

HYROX POWER

18:30 | Main Studio

**BODYPUMP
CHRISTOPHER SIM**

18:30 | Cycling Studio

**RPM
KEE**

19:30 | Cycling Studio

**RPM
VIVI WOON**

19:45 | Main Studio

**BODYCOMBAT
LOCK**

*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

FRIDAY



07:30 | Cycling Studio

RPM

VIVI WOON



11:00 | Swimming Pool

H2O FLOW

LESTER



12:00 | Cycling Studio

RPM

MAREE

12:00 | Main Studio

BODYPUMP

ALAN SHIN

12:15 | Outdoor Area

HIIT X RUSH

13:00 | Main Studio

PILATES

JASMINE LIEW



17:30 | Main Studio

HYROX

COMPLETE

18:30 | Cycling Studio

RPM

MONICA

18:30 | Main Studio

BODYCOMBAT

KENNETH

19:40 | Main Studio

BODYPUMP

GAVIN

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DECEMBER '25 CLASS SCHEDULE

SATURDAY

09:15 | Swimming Pool

H2O FLOW

IAN

🔔 10:00 | Main Studio

**HYROX
FOUNDATIONAL**

10:15 | Swimming Pool

H2O HIIT

HANYUE

10:30 | Cycling Studio

RPM

VON

11:00 | Swimming Pool

AQUA FIT

HANYUE

11:30 | Main Studio

BODYPUMP

ALAN SHIN

12:45 | Main Studio

BODYCOMBAT

LOCK

🔔 14:00 | Main Studio

HYROX POWER

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