



# DECEMBER '25 CLASS SCHEDULE

## MONDAY

07:00 | Mind & Body Studio  
**HOT FLOW YOGA**  
MICHELLE

08:20 | Main Studio  
**TOTAL BODY  
CONDITIONING**  
JJ

09:00 | Cycling Studio  
**RPM**  
BENJI

09:40 | Main Studio  
**ZUMBA**  
CRYSTAL

10:45 | Mind & Body Studio  
**BODYBALANCE**  
HALEY

🔔 10:50 | Main Studio  
**BODYPUMP**  
LEWIS

12:00 | Cycling Studio  
**RPM**  
VON

12:00 | Mind & Body Studio  
**GENTLE  
FLOW YOGA**  
HALEY

12:00 | Main Studio  
**BODYCOMBAT**  
DESMOND LIEW

12:30 | Freestyle Area  
**BURN**  
JOSEPH

17:00 | Main Studio  
**BODYCOMBAT**  
CHERYL

🔔 17:00 | Mind & Body Studio  
**BODYBALANCE**  
AMY

18:15 | Freestyle Area  
**HYROX ENGINE**  
GRETCHEN DERIADA

18:30 | Mind & Body Studio  
**DYNAMIC  
FLOW YOGA**  
JOYCE

18:30 | Main Studio  
**LES MILLS CORE**  
GLENN

18:40 | Cycling Studio  
**RPM**  
LILLIAN

19:30 | Main Studio  
**BODYPUMP**  
GLENN

19:45 | Mind & Body Studio  
**YIN YOGA**  
JOYCE



# DECEMBER '25 CLASS SCHEDULE

## TUESDAY

07:00 | Cycling Studio

**RPM**

**MICHELLE KANG**

07:00 | Mind & Body Studio

**GENTLE  
FLOW YOGA**

**HALEY**

08:30 | Main Studio

**LES MILLS CORE**

**GLENN**

09:30 | Main Studio

**BODYSTEP**

**GLENN**

10:45 | Main Studio

**BODYPUMP**

**NICKY**

10:45 | Mind & Body Studio

**YIN YOGA**

**JEFFREY**

12:00 | Box & Burn Zone

**BOOM**

**TAN SHING LAK EDDIE**

12:00 | Mind & Body Studio

**DYNAMIC  
FLOW YOGA**

**JEFFREY**

12:00 | Main Studio

**BODYCOMBAT**

**NICKY**

16:00 | Main Studio

**BODYPUMP**

**LINDA**

17:00 | Main Studio

**LES MILLS FUNCTIONAL  
STRENGTH**

**BENJI**

17:00 | Mind & Body Studio

**SOUND FLOW PLUS**

**SHERLIN**

18:15 | Main Studio

**BODYJAM**

**LUCAS**

18:15 | Freestyle Area

**HYROX POWER**

**KELVIN ONG WEI JIE**

18:30 | Mind & Body Studio

**HATHA YOGA**

**YUAN JING**

18:30 | Cycling Studio

**RPM**

**RANDY**

19:00 | Box & Burn Zone

**BOOM**

**MIU**

19:30 | Main Studio

**BODYCOMBAT**

**PRIYA**

19:30 | Swimming Pool

**H2O HEAT**

**GEORGE**

19:35 | Mind & Body Studio

**VINYASA YOGA**

**YUAN JING**

20:40 | Mind & Body Studio

**HOT FLOW YOGA**

**YUAN JING**

20:45 | Main Studio

**BODYPUMP**

**REGINA**

\*Class schedule correct as at time of publication.

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# DECEMBER '25 CLASS SCHEDULE

## WEDNESDAY

07:00 | Main Studio

**BODYPUMP**  
PRISCILLA

07:00 | Mind & Body Studio

**CORE FLOW YOGA**  
IAN FUNG

08:20 | Main Studio

**CORE CONDITIONING**  
JJ

09:30 | Mind & Body Studio

**PILATES**  
JASMINE

09:30 | Main Studio

**BODYCOMBAT**  
MING FEI

10:45 | Main Studio

**LES MILLS FUNCTIONAL  
STRENGTH**  
BRYAN

11:00 | Cycling Studio

**RPM**  
GLENN

12:00 | Main Studio

**GRIT**  
GLENN

12:00 | Mind & Body Studio

**RESTORATIVE  
YOGA**  
JO LIM

12:30 | Freestyle Area

**HIIT X STRENGTH**  
VICK

12:35 | Main Studio

**LES MILLS CORE**  
GLENN

17:00 | Mind & Body Studio

**DYNAMIC  
FLOW YOGA**  
GEORGE

17:00 | Main Studio

**TOTAL BODY  
CONDITIONING**  
MERVYN JIN

18:15 | Main Studio

**BODYPUMP**  
CHRISTINA CHIN

18:15 | Freestyle Area

**HYROX  
COMPLETE**  
ZEN ONG

18:30 | Swimming Pool

**AQUA FIT**  
SHIRLEY C

18:30 | Mind & Body Studio

**BODYBALANCE**  
JENNY

19:00 | Cycling Studio

**RPM**  
WILLY

19:30 | Main Studio

**BODYATTACK**  
JACKY POEA

19:35 | Mind & Body Studio

**HATHA YOGA**  
CHANDRAN

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# DECEMBER '25 CLASS SCHEDULE

## THURSDAY

07:00 | Cycling Studio

**RPM**  
**LILLIAN**

07:00 | Mind & Body Studio

**BODYBALANCE**  
**AMY**

08:20 | Main Studio

**BODYSTEP**  
**BENJI**

09:30 | Main Studio

**BODYPUMP**  
**JASMINE**

09:40 | Mind & Body Studio

**SOUND FLOW PLS**  
**SHERLIN**

10:45 | Main Studio

**BODYATTACK**  
**GLENN**

12:00 | Mind & Body Studio

**HATHA YOGA**  
**SHERLIN**

12:00 | Cycling Studio

**RPM**  
**GLENN**

12:00 | Main Studio

**BODYCOMBAT**  
**RAY**

12:30 | Freestyle Area

**HYROX ENGINE**  
**GRETCHEN DERIADA**

17:00 | Main Studio

**BODYPUMP**  
**CHRISTINA CHIN**

17:30 | Mind & Body Studio

**LES MILLS PILATES**  
**JEFFREY**

18:15 | Main Studio

**BODYCOMBAT**  
**KELVIN TAY**

18:30 | Mind & Body Studio

**HOT FLOW YOGA**  
**YIT YAN**

18:30 | Cycling Studio

**RPM**  
**WEE BOON**

18:30 | Swimming Pool

**H2O HIIT**  
**SHERLIN**

19:00 | Box & Burn Zone

**BOOM**  
**PRISCILLA**

19:30 | Main Studio

**BODYPUMP**  
**NICHOLAS**

19:30 | Swimming Pool

**H2O FLOW**  
**SHERLIN**

19:35 | Mind & Body Studio

**GENTLE FLOW YOGA**  
**YIT YAN**

20:40 | Mind & Body Studio

**BODYBALANCE**  
**JOEY TAY**

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# DECEMBER '25 CLASS SCHEDULE

## FRIDAY



07:00 | Mind & Body Studio

**LES MILLS PILATES**  
NICKY

08:20 | Main Studio

**BODYCOMBAT**  
NICKY

09:40 | Main Studio

**ZUMBA**  
MUS

10:00 | Cycling Studio

**RPM**  
GLENN

10:45 | Mind & Body Studio

**YOGA**  
JEFFREY CHUA

11:00 | Main Studio

**LES MILLS CORE**  
BHAS

12:00 | Mind & Body Studio

**RESTORATIVE YOGA**  
JO LIM

12:00 | Main Studio

**BODYPUMP**  
BHAS

12:30 | Box & Burn Zone

**BURN**  
DANIEL

17:00 | Main Studio

**BODYCOMBAT**  
LIK MING

17:15 | Mind & Body Studio

**RESTORATIVE YOGA**  
AMANDA KOH

18:15 | Mind & Body Studio

**YIN YOGA**  
AMANDA KOH

18:45 | Main Studio

**BODYJAM**  
WILI

18:45 | Cycling Studio

**RPM**  
YIN SHI

19:45 | Mind & Body Studio

**BODYBALANCE**  
ETHAN TONG

19:50 | Main Studio

**BODYPUMP**  
YIN SHI

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# DECEMBER '25 CLASS SCHEDULE

## SATURDAY

08:20 | Mind & Body Studio

**GENTLE FLOW YOGA**  
DAWN TAN

08:20 | Main Studio

**BODYPUMP**  
GEOFFREY

08:20 | Swimming Pool

**H2O FLOW**  
CHOKY

08:30 | Cycling Studio

**RPM**  
GLENN

09:40 | Main Studio

**BODYATTACK**  
GRACE YEW

09:40 | Mind & Body Studio

**BODYBALANCE**  
CHOKY

10:00 | Cycling Studio

**RPM**  
YIN SHI

11:00 | Mind & Body Studio

**YIN YOGA**  
REGINA

11:00 | Main Studio

**BODYCOMBAT**  
KENNY LYE

11:00 | Box & Burn Zone

**BOOM**  
CHERYL

11:15 | Cycling Studio

**RPM**  
CHONG WEI

12:00 | Box & Burn Zone

**NAK MUAY**  
CHERYL

12:20 | Main Studio

**BODYPUMP**  
NATHANIEL

12:20 | Mind & Body Studio

**HOT FLOW YOGA**  
REGINA

13:30 | Mind & Body Studio

**YOGA CORE**  
IVAN

13:30 | Main Studio

**BODYCOMBAT**  
JASMIN

14:00 | Freestyle Area

**HYROX ENGINE**  
KELVIN ONG

14:40 | Main Studio

**BODYJAM**  
RYAN ONG

14:40 | Mind & Body Studio

**YOGA**  
IVAN

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# DECEMBER '25 CLASS SCHEDULE

## SUNDAY

08:20 | Mind & Body Studio

**PILATES**

**NICHOLAS LIM**

08:20 | Main Studio

**BODYPUMP**

**BENEDICT SIM**

09:25 | Mind & Body Studio

**SCULPT & STRETCH**

**NICHOLAS LIM**

09:40 | Main Studio

**BODYCOMBAT**

**WYATT**



09:40 | Swimming Pool

**H2O HEAT**

**SHERLIN**

10:00 | Cycling Studio

**RPM**

**LESTER**

10:30 | Mind & Body Studio

**PILATES**

**NICHOLAS LIM**

11:00 | Main Studio

**BODYSTEP**

**JASPER**

11:00 | Box & Burn Zone

**NAK MUAY**

**MIU**

11:15 | Cycling Studio

**RPM**

**LENNART**

11:35 | Mind & Body Studio

**BODYBALANCE**

**GEOFFREY**

12:20 | Main Studio

**BODYATTACK**

**ZAKI**

13:30 | Freestyle Area

**HYROX  
FOUNDATIONAL  
LEO**

13:40 | Main Studio

**BODYPUMP**

**YU YONG**

15:00 | Main Studio

**BODYCOMBAT**

**ALBERT**

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