

DECEMBER '25 CLASS SCHEDULE

MONDAY

07:00 | Main Studio
BODYPUMP
NICKY

12:00 | Main Studio
BODYPUMP
CHRISTOPHER SIM

13:00 | Freestyle Area
BURN
FAZIRAH

13:10 | Main Studio
BODYCOMBAT
JAGE

17:00 | Main Studio
AERIAL FLOW YOGA
GEORGE

18:30 | Main Studio
GRIT
BRYAN

19:30 | Main Studio
ZUMBA
CHARLOTTE

TUESDAY

07:00 | Main Studio
BODYCOMBAT
RACHEL SOH

12:00 | Main Studio
CIRCUIT
LINDA

13:00 | Main Studio
GENTLE FLOW YOGA
LINDA

18:15 | Main Studio
BODYPUMP
LIVIA

18:15 | Freestyle Area
HYROX ENGINE
SHAM

19:30 | Main Studio
BODYCOMBAT
WYATT



DECEMBER '25 CLASS SCHEDULE

WEDNESDAY



07:00 | Main Studio

AERIAL FLOW YOGA
GEORGE

12:00 | Main Studio

BODYPUMP
LINDA

13:00 | Freestyle Area

HYROX ENGINE
TERESA

13:15 | Main Studio

GENTLE FLOW YOGA
LINDA

18:15 | Main Studio

TRX
CHRISTINE CHIAM

19:10 | Main Studio

BODYCOMBAT
NICHOLAS MAK

19:15 | Freestyle Area

ANIMAL FLOW
CHRISTINE CHIAM

THURSDAY



07:00 | Main Studio

SUSPENSION CLASS
BENJI

12:00 | Main Studio

BODYCOMBAT
JAGE

13:00 | Freestyle Area

HYROX POWER
TERESA

13:05 | Main Studio

YOGA
YUAN JING

18:15 | Freestyle Area

HIIT X STRENGTH
FAZIRAH

18:30 | Main Studio

BODYPUMP
JIMMY LEE

19:40 | Main Studio

BODYATTACK
JACKY POEA

*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

07:00 | Main Studio
BODYPUMP
ALBERT

12:00 | Main Studio
GRIT
BRYAN WONG

12:45 | Main Studio
BODYCOMBAT
FANG

18:15 | Freestyle Area
HYROX COMPLETE
FAZIRAH

18:30 | Main Studio
BODYCOMBAT
WYATT

19:30 | Main Studio
YOGA
ANGIE CHOO

SATURDAY

09:15 | Main Studio
BODYPUMP
WYATT

10:30 | Main Studio
BODYCOMBAT
WYATT

12:00 | Main Studio
ZUMBA
CHARLOTTE

13:10 | Main Studio
CIRCUIT
YEOH

14:00 | Freestyle Area
**HYROX
FOUNDATIONAL**
JANICE

14:10 | Main Studio
LES MILLS CORE
PRIYA