

# DECEMBER '25 CLASS SCHEDULE

## MONDAY

12:00 | Main Studio

**ZUMBA**  
**CRYSTAL**

12:15 | Freestyle Area

**HYROX POWER**

13:00 | Main Studio

**BODYPUMP**  
**ROYSTON**

18:45 | Main Studio

**CIRCUIT**  
**FANG**

19:40 | Main Studio

**BODYCOMBAT**  
**FANG**

## TUESDAY

07:15 | Main Studio

**CIRQHIIT**  
**TRANSFORM**  
**FANG**

12:00 | Main Studio

**CIRQHIIT**  
**TRANSFORM**  
**EDWIN KO**

12:00 | Swimming Pool

**H2O HEAT**  
**SHERLIN**

12:15 | Freestyle Area

**HYROX COMPLETE**

13:00 | Main Studio

**BODYSTEP**  
**EDWIN KO**

18:30 | Main Studio

**BODYATTACK**  
**BHAS**

19:40 | Main Studio

**BODYPUMP**  
**JOYCE L**

## WEDNESDAY

12:00 | Main Studio

**CIRCUIT**  
**SHERLIN**

12:15 | Freestyle Area

**HYROX**  
**FOUNDATIONAL**

13:00 | Main Studio

**VINYASA YOGA**  
**SHERLIN**

18:30 | Main Studio

**BODYPUMP**  
**PRIYA**

19:40 | Main Studio

**BODYCOMBAT**  
**PRISCILLA**

# DECEMBER '25 CLASS SCHEDULE

## THURSDAY

12:00 | Main Studio  
**YOGA CORE**  
SAMANTHA DURAI

12:15 | Freestyle Area  
**HIIT X STRENGTH**

13:00 | Main Studio  
**BODYCOMBAT**  
ROYSTON

18:30 | Swimming Pool  
**AQUA FIT**  
SHIRLEY C

18:45 | Main Studio  
**BODYSTEP**  
EDWIN KO

19:40 | Main Studio  
**LES MILLS PILATES**  
EDWIN KO

## FRIDAY

12:00 | Main Studio  
**BODYCOMBAT**  
LEWIS

12:15 | Freestyle Area  
**HYROX ENGINE**

13:00 | Main Studio  
**BODYPUMP**  
LEWIS

18:15 | Main Studio  
**BODYCOMBAT**  
JACKY TAN

19:30 | Main Studio  
**BODYBALANCE**  
AGNES PHOEN

## SATURDAY

09:30 | Main Studio  
**BODYSTEP**  
BRIAN TEO

10:45 | Main Studio  
**CIRCUIT**  
SHERLIN

12:00 | Main Studio  
**YIN YOGA**  
SHERLIN

12:15 | Freestyle Area  
**HYROX  
FOUNDATIONAL**

13:00 | Swimming Pool  
**AQUA FIT**  
HANYUE

13:15 | Main Studio  
**CORE CONDITIONING**  
SHERLIN

14:30 | Main Studio  
**HATHA YOGA**  
DESMOND ONG