



DECEMBER '25 CLASS SCHEDULE

MONDAY



07:00 | Main Studio
BODYCOMBAT
NICOLE

07:50 | Freestyle Area
HYROX
SHUMIN



08:10 | Main Studio
YIN YOGA
VIVI KUSUMA



09:20 | Main Studio
LM PILATES
VIVI KUSUMA



11:00 | Main Studio
LM CORE
GLENN

12:00 | Main Studio
BODYATTACK
GLENN

12:00 | Freestyle Area
HYROX
BOON



13:00 | Main Studio
BODYCOMBAT
MINGFEI

13:00 | Freestyle Area
BOOM
LOUIS

17:00 | Main Studio
BODYBALANCE
VIVI KUSUMA

18:10 | Main Studio
BODYJAM
VIVI KUSUMA

19:00 | Freestyle Area
HYROX
CHRISTOPHER SIM



19:20 | Main Studio
BODYPUMP
JIMMY TAN

20:30 | Main Studio
BODYCOMBAT
MIU

*Class schedule correct as at time of publication.

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DECEMBER '25 CLASS SCHEDULE

TUESDAY

07:00 | Main Studio
GENTLE FLOW
JON HO

🔔 08:10 | Main Studio
BODYPUMP
ROYSTON

🔔 09:20 | Main Studio
YIN YOGA
CHRISTINE

🔔 10:30 | Main Studio
CORE FLOW
CHRISTINE

12:00 | Main Studio
BODYCOMBAT
ROYSTON

12:00 | Freestyle Area
HYROX
ADELINE TAY

13:00 | Freestyle Area
BOOM
MINGFEI

13:00 | Main Studio
BODYPUMP
ROYSTON

🔔 17:15 | Main Studio
LM CORE
GLENN

🔔 18:10 | Main Studio
BODYPUMP
GLENN

18:45 | Swimming Pool
AQUAFIT
JEAN

19:20 | Main Studio
ZUMBA
MUS

🔔 19:30 | Freestyle Area
LM GRIT
GLENN

20:30 | Main Studio
DANCE MOVES
VIVI KUSUMA

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DECEMBER '25 CLASS SCHEDULE

WEDNESDAY



07:00 | Main Studio
BODYPUMP
SHUMIN

07:00 | Freestyle Area
NAK MUAY
FANG



08:10 | Main Studio
BODYCOMBAT
FANG



09:20 | Main Studio
BODYPUMP
BENJI



10:30 | Main Studio
BODYATTACK
BENJI

12:00 | Freestyle Area
CORE CONDITIONING
CHRIS LIM

12:00 | Freestyle Area
BOOM
MINGFEI

13:00 | Main Studio
HATHA YOGA
CHRIS LIM

13:00 | Freestyle Area
HIIT



17:00 | Main Studio
BODYCOMBAT
GARY TAN

18:10 | Main Studio
BODYATTACK
GLENN

19:20 | Main Studio
BODYPUMP
GLENN



20:30 | Main Studio
LM CORE
GLENN

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DECEMBER '25 CLASS SCHEDULE

THURSDAY

07:00 | Main Studio
BODYCOMBAT
MIU



08:10 | Main Studio
GENTLE FLOW
CHRISTINE



09:20 | Main Studio
DYNAMIC FLOW
CHRISTINE



11:00 | Main Studio
LM PILATES
BENJI

12:00 | Main Studio
BODYPUMP
JO TAN

12:00 | Freestyle Area
HYROX
ADELINE TAY

13:00 | Main Studio
BODYCOMBAT
JO TAN

13:00 | Freestyle Area
NAK MUAY
MINGFEI



17:00 | Main Studio
BODYATTACK
BENJI

18:10 | Main Studio
BODYCOMBAT
KENNY LYE

19:20 | Main Studio
BODYJAM
BEN NING



19:20 | Swimming Pool
H2O HEAT
FANG



20:30 | Main Studio
BODYPUMP
REGINA

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DECEMBER '25 CLASS SCHEDULE

FRIDAY

07:00 | Main Studio
BODYPUMP
CHENG YUAN

09:20 | Main Studio
BODYPUMP
MINGFEI

11:00 | Main Studio
BODYBALANCE
JASPER MAK

12:00 | Main Studio
BODYCOMBAT
JASPER MAK

12:00 | Freestyle Area
HIIT

13:00 | Main Studio
RESTORATIVE YOGA
PAUL

17:00 | Freestyle Area
BOOM
JO TAN

17:00 | Main Studio
GENTLE FLOW
CHRISTINE

18:10 | Main Studio
CIRCUIT
JO TAN

18:30 | Freestyle Area
HYROX
SARVIN

19:20 | Main Studio
BODYPUMP
JO TAN

20:30 | Main Studio
BODYCOMBAT
JO TAN

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DECEMBER '25 CLASS SCHEDULE

SATURDAY



08:30 | Main Studio

CIRCUIT
JO TAN

09:30 | Main Studio

BODYPUMP
MARIE



09:30 | Swimming Pool

H2O HEAT
FANG

09:30 | Freestyle Area

BOOM
JO TAN

10:30 | Freestyle Area

NAK MUAY
FANG

10:45 | Main Studio

BODYCOMBAT
ZAC

11:30 | Freestyle Area

HIIT
JULIA

12:00 | Swimming Pool

AQUAFIT
MERVYN

12:00 | Main Studio

STEP MOVES
FIONA

13:15 | Main Studio

BODYJAM
LUCAS

14:30 | Main Studio

VINYASA YOGA
AMANDA

15:45 | Main Studio

RESTORATIVE YOGA
AMANDA

17:00 | Main Studio

LM DANCE
EUGENE NG

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DECEMBER '25 CLASS SCHEDULE

SUNDAY

10:00 | Main Studio

BODYBALANCE

BEN NING



10:00 | Swimming Pool

H2O HEAT

MINGFEI

11:15 | Main Studio

BODYCOMBAT

KENNY LYE

11:30 | Freestyle Area

BOOM

MINGFEI

12:30 | Main Studio

BODYJAM

ANGELINA

13:45 | Main Studio

BODYCOMBAT

GRACE

14:45 | Main Studio

BODYPUMP

GRACE



16:00 | Main Studio

BODYCOMBAT

KATHERINE

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