



DECEMBER '25 CLASS SCHEDULE

MONDAY

07:00 | Main Studio
BODYCOMBAT
JOSEPHINE LIM

 07:00 | Mind & Body Studio
VINYASA YOGA
JOEY KOH

12:00 | Main Studio
BODYPUMP
YEOH

12:00 | Mind & Body Studio
PILATES
ALVIN YUEN

12:00 | Cycling Studio
RPM
YVONNE SEOW

12:15 | Freestyle Area
HYROX

13:00 | Main Studio
CIRCUIT
YEOH

13:00 | Mind & Body Studio
RESTORATIVE YOGA
YVONNE SEOW

 13:00 | Cycling Studio
RPM
JUNE

 17:00 | Main Studio
CIRCUIT
BENJI

17:00 | Mind & Body Studio
DYNAMIC FLOW
CHRISTINE

18:00 | Main Studio
BODYPUMP
MINGFEI

18:00 | Mind & Body Studio
GENTLE FLOW
CHRISTINE

 18:00 | Cycling Studio
RPM
BENJI

18:15 | Freestyle Area
HIITX

19:10 | Main Studio
BODYCOMBAT
KENNY LYE

19:10 | Mind & Body Studio
YIN YOGA
KELVIN CHAI

 19:10 | Cycling Studio
RPM
JIA YEAN

20:20 | Main Studio
BODYPUMP
CK

 20:20 | Mind & Body Studio
BODYBALANCE
KESTER



DECEMBER '25 CLASS SCHEDULE

TUESDAY

07:00 | Mind & Body Studio
HATHA YOGA
CHRISTOPHER LIM



07:00 | Cycling Studio
RPM
FERNIE

07:15 | Main Studio
CIRCUIT
JAY

12:00 | Main Studio
BODYCOMBAT
YEOH

12:00 | Mind & Body Studio
DYNAMIC FLOW
CHRISTINE TAN

12:00 | Cycling Studio
RPM
KELVIN TAN

12:15 | Freestyle Area
HYROX

13:00 | Main Studio
CIRCUIT
YEOH

13:00 | Mind & Body Studio
GENTLE FLOW
CHRISTINE TAN

13:00 | Cycling Studio
RPM XPRESS
KELVIN TAN



17:00 | Main Studio
BODYCOMBAT
JASPER MAK



17:00 | Mind & Body Studio
GENTLE FLOW
LESTER LOW

18:00 | Main Studio
BODYPUMP
ROYSTON

18:00 | Mind & Body Studio
PILATES
ALISON

18:15 | Freestyle Area
HIITX

19:10 | Main Studio
BODYCOMBAT
JUNWEI

19:10 | Mind & Body Studio
HATHA YOGA
PAUL

19:10 | Cycling Studio
RPM
ALAN TAN

20:20 | Mind & Body Studio
RESTORATIVE YOGA
PAUL



DECEMBER '25 CLASS SCHEDULE

WEDNESDAY

07:00 | Main Studio
BODYPUMP
YINSHI

🔔 07:00 | Mind & Body Studio
GENTLE FLOW
FAYE

🔔 07:00 | Cycling Studio
RPM
GERALD TAN

12:00 | Main Studio
BODYPUMP
GAVIN

12:00 | Mind & Body Studio
RESTORATIVE YOGA
YVONNE SEOW

12:00 | Cycling Studio
RPM
ADELINE TAY

12:15 | Freestyle Area
HIITX

13:00 | Main Studio
BODYJAM
NAILA

13:00 | Mind & Body Studio
HATHA YOGA
SANDY

🔔 17:00 | Main Studio
CIRCUIT
FERNIE

18:00 | Main Studio
BODYCOMBAT
LEWIS

18:00 | Mind & Body Studio
GENTLE FLOW
SERENA TAN

🔔 18:00 | Cycling Studio
RPM
FERNIE

18:15 | Freestyle Area
HIITX

19:10 | Main Studio
ZUMBA
JULIAN

19:10 | Mind & Body Studio
PILATES
SERENA TAN

19:10 | Cycling Studio
RPM
YEOH

20:20 | Main Studio
DANCE MOVES
LOUIS SHEN

20:20 | Mind & Body Studio
BODYBALANCE
JULIAN



DECEMBER '25 CLASS SCHEDULE

THURSDAY

07:00 | Main Studio
BODYCOMBAT
EDWIN CHIAM

07:00 | Mind & Body Studio
CORE CONDITIONING
CHRISTOPHER LIM

🔔 07:00 | Cycling Studio
RPM
YINSHI

12:00 | Main Studio
BODYCOMBAT
GAVIN

12:00 | Mind & Body Studio
SOUND FLOW
SANDY

12:00 | Cycling Studio
RPM
YEOH

12:15 | Freestyle Area
HIITX

13:00 | Main Studio
BODYPUMP
GAVIN

13:00 | Mind & Body Studio
SOUND FLOW PLUS
SANDY

🔔 17:00 | Main Studio
BODYCOMBAT
FANG

🔔 17:00 | Mind & Body Studio
CORE FLOW
CHRISTINE

18:00 | Main Studio
CIRCUIT
YEOH

🔔 18:00 | Mind & Body Studio
PILATES
SAMANTHA

18:15 | Freestyle Area
HIITX

19:00 | Main Studio
BODYPUMP
YEOH

19:10 | Mind & Body Studio
YIN YOGA
YVONNE SEOW

19:10 | Cycling Studio
RPM
JIA YEAN

20:10 | Main Studio
BODYCOMBAT
JASPER MAK

20:20 | Mind & Body Studio
HATHA YOGA
DAVID CHIN



DECEMBER '25 CLASS SCHEDULE

FRIDAY

07:00 | Main Studio
BODYCOMBAT
ROYSTON

07:00 | Mind & Body Studio
HATHA YOGA
CHRISTOPHER LIM

07:00 | Cycling Studio
RPM
YONG

08:10 | Main Studio
CIRCUIT
FERNIE

12:00 | Main Studio
BODYPUMP
YINSHI

12:00 | Mind & Body Studio
HATHA YOGA
CHRISTOPHER LIM

12:00 | Cycling Studio
RPM
IAN CHAN

12:15 | Freestyle Area
HYROX

13:00 | Main Studio
BODYCOMBAT
MINGFEI

13:00 | Mind & Body Studio
CORE CONDITIONING
CHRISTOPHER LIM

13:00 | Cycling Studio
RPM
ADELINE TAY

17:00 | Main Studio
BODYATTACK
HEATHER

17:00 | Mind & Body Studio
BODYBALANCE
VIVI KUSUMA

18:00 | Main Studio
BODYCOMBAT
GAVIN

18:00 | Mind & Body Studio
GENTLE FLOW
SERENA TAN

18:00 | Cycling Studio
RPM
GLENN

18:15 | Freestyle Area
HIITX

19:10 | Main Studio
BODYJAM
VIVI

19:10 | Mind & Body Studio
GENTLE FLOW
GLENN



DECEMBER '25 CLASS SCHEDULE

SATURDAY

🔔 08:00 | Main Studio

BODYCOMBAT
JUNWEI

🔔 08:00 | Mind & Body Studio

HATHA YOGA
DAVID CHEW

🔔 09:10 | Main Studio

BODYCOMBAT
ADELINE GOH

🔔 09:10 | Mind & Body Studio

PILATES
DAVID CHEW

🔔 09:10 | Cycling Studio

RPM
BENJI

10:20 | Main Studio

CIRCUIT
YEOH

10:20 | Mind & Body Studio

VINYASA YOGA
ASHLEY CHER

10:25 | Cycling Studio

RPM
ADELINE TAY

11:30 | Main Studio

BODYPUMP
RYAN HARYADI

11:30 | Mind & Body Studio

ADVANCED FLOW
SANDY

11:35 | Cycling Studio

RPM
YEOH

12:40 | Main Studio

BODYCOMBAT
FANG

12:40 | Mind & Body Studio

SOUND FLOW PLUS
SANDY

13:50 | Main Studio

DANCE MOVES
LOUIS SHEN

🔔 14:15 | Mind & Body Studio

DYNAMIC FLOW
IAN FUNG

🔔 15:00 | Main Studio

BODYCOMBAT
JIMMY TAN



DECEMBER '25 CLASS SCHEDULE

SUNDAY

🔔 09:10 | Main Studio

CIRCUIT
FERNIE

🔔 09:10 | Mind & Body Studio

VINYASA YOGA
ASHLEY CHER

🔔 10:20 | Main Studio

BODYATTACK
BRYAN TAN

🔔 10:20 | Mind & Body Studio

SOUND FLOW PLUS
DAWN TAN

🔔 10:25 | Cycling Studio

RPM
FERNIE

🔔 11:30 | Mind & Body Studio

YIN YOGA
REGINA

🔔 11:40 | Main Studio

GRIT STRENGTH
SHU YI

🔔 12:40 | Main Studio

BODYPUMP
MINGFEI

🔔 12:45 | Mind & Body Studio

VINYASA YOGA
JOEY KOH

🔔 13:50 | Main Studio

BODYCOMBAT
MINGFEI

🔔 13:55 | Mind & Body Studio

HATHA YOGA
JOEY KOH

*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.