



# DECEMBER '25 CLASS SCHEDULE

## MONDAY

07:00 | Main Studio

**CIRCUIT**  
**KAREL**

09:15 | Main Studio

**CORECONDITIONING**  
**JASMINE**

10:15 | Main Studio

**PILATES**  
**JASMINE**

12:00 | Main Studio

**BODYPUMP**  
**LINDA**

12:00 | Freestyle Area

**HYROX POWER**  
**AQIL**

13:00 | Main Studio

**GENTLE FLOW YOGA**  
**LINDA**

15:45 | Main Studio

**BODYCOMBAT**  
**MING FEI**

17:00 | Main Studio

**CIRQHIIT**  
**KAREL**

18:00 | Main Studio

**BODYCOMBAT**  
**KAREL**

19:15 | Main Studio

**CIRCUIT**  
**CHRISTINE CHIAM**

20:30 | Main Studio

**BODYPUMP**  
**EDMUND CHIA**

## TUESDAY

07:00 | Main Studio

**BODYCOMBAT**  
**KAREL**

08:00 | Main Studio

**BODYPUMP**  
**KAREL**

11:00 | Main Studio

**BODYPUMP**  
**BENEDICT SIM**

12:00 | Main Studio

**BODYCOMBAT**  
**JASPER**

12:00 | Freestyle Area

**HIIT X STRENGTH**  
**ELSON**

13:15 | Main Studio

**BODYBALANCE**  
**JASMINE**

14:15 | Main Studio

**LES MILLS PILATES**  
**JASMINE**

17:00 | Main Studio

**LES MILLS FUNCTIONAL  
STRENGTH**  
**JO TAN**

18:00 | Main Studio

**BODYPUMP**  
**ELAINE TE**

19:15 | Main Studio

**BODYATTACK**  
**DOEY**

19:30 | Freestyle Area

**NAK MUAY**  
**MINGFEI**

20:30 | Main Studio

**BODYCOMBAT**  
**KELVIN TAY**

\*Class schedule correct as at time of publication.

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# DECEMBER '25 CLASS SCHEDULE

## WEDNESDAY

07:00 | Main Studio  
**BODYATTACK**  
MERVYN

11:00 | Main Studio  
**BODYPUMP**  
NICKY

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

12:00 | Freestyle Area  
**HYROX ENGINE**  
HAFIZ

13:00 | Main Studio  
**LES MILLS STRENGTH  
DEVELOPMENT**  
NAT

15:30 | Main Studio  
**BODYCOMBAT**  
JO TAN

16:30 | Main Studio  
**CIRQHIIT**  
JO TAN

18:00 | Main Studio  
**BODYCOMBAT**  
ADELINE GOH

18:30 | Freestyle Area  
**BOOM**  
JO TAN

19:15 | Main Studio  
**BODYPUMP**  
JOEL WONG

19:30 | Freestyle Area  
**NAK MUAY**  
JO TAN

20:30 | Main Studio  
**BODYBALANCE**  
JOEL WONG

## THURSDAY

07:00 | Main Studio  
**BODYPUMP**  
ADELINE GOH

09:00 | Main Studio  
**BODYCOMBAT**  
KAREL

10:00 | Main Studio  
**CIRCUIT**  
KAREL

12:00 | Main Studio  
**BODYPUMP**  
VIVI WOON

13:00 | Freestyle Area  
**BOOM**  
LINUS

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

15:15 | Main Studio  
**BODYJAM**  
NAILA

18:00 | Main Studio  
**BODYPUMP**  
JOJO

19:00 | Freestyle Area  
**BOOM**  
MIU

19:15 | Main Studio  
**BODYCOMBAT**  
YI RU

20:30 | Main Studio  
**LES MILLS CORE**  
BHAS

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# DECEMBER '25 CLASS SCHEDULE

## FRIDAY

07:00 | Main Studio

**BODYCOMBAT**  
ADELINE GOH

10:00 | Main Studio

**CIRQHIIT**  
JASMINE

11:00 | Main Studio

**BODYBALANCE**  
JASMINE

12:00 | Main Studio

**BODYPUMP**  
LINDA

13:15 | Main Studio

**GENTLE FLOW YOGA**  
LINDA

16:15 | Main Studio

**BODYPUMP**  
KAREL

17:15 | Main Studio

**BODYCOMBAT**  
KAREL

18:15 | Freestyle Area

**BOOM**  
MINGFEI

18:30 | Main Studio

**BODYJAM**  
AMY

19:30 | Main Studio

**LES MILLS TONE**  
BENJAMIN LAI

20:30 | Main Studio

**BODYPUMP**  
BENJAMIN LAI

## SATURDAY

09:30 | Main Studio

**BODYPUMP**  
CJ

10:45 | Main Studio

**LES MILLS CORE**  
CJ

11:45 | Main Studio

**GRIT**  
BRYAN

12:00 | Freestyle Area

**BOOM**  
FADHLI

12:30 | Main Studio

**BODYCOMBAT**  
YI RU

13:45 | Main Studio

**BODYATTACK**  
MERVYN

15:00 | Freestyle Area

**HYROX COMPLETE**  
HAFIZ

15:00 | Main Studio

**BODYCOMBAT**  
KENNETH TAN

16:15 | Main Studio

**BODYBALANCE**  
VALERIE LAI

17:30 | Main Studio

**BODYPUMP**  
JOJO

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# DECEMBER '25 CLASS SCHEDULE

## SUNDAY

09:00 | Main Studio

**BODYBALANCE**

PRIYA

10:15 | Main Studio

**BODYCOMBAT**

PRIYA

11:30 | Main Studio

**LES MILLS TONE**

MERVYN

12:30 | Main Studio

**BODYPUMP**

PRISCILLA

13:45 | Main Studio

**BODYCOMBAT**

LOUIS QUAH

15:00 | Main Studio

**BODYJAM**

IAN JASMAN

15:00 | Freestyle Area

**BOOM**

AQIL

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