



DECEMBER '25 CLASS SCHEDULE

MONDAY



07:15 | Cycling Studio

RPM
JOANNA

08:30 | Main Studio

BODYCOMBAT
LOCK

09:45 | Main Studio

BODYPUMP
KAREL

09:45 | Mind & Body Studio

GENTLE FLOW
JOANNA

11:00 | Mind & Body Studio

HATHA YOGA
ALBERT TAN

11:00 | Main Studio

BODYJAM
LEE TONG

12:15 | Main Studio

ZUMBA
TIMOTHY

12:15 | Freestyle Area

HYROX

12:15 | Mind & Body Studio

YOGA
ALBERT TAN

17:30 | Main Studio

BODYCOMBAT
NAT

18:30 | Mind & Body Studio

HATHA YOGA
YUAN JING

18:30 | Main Studio

BODYPUMP
BENEDICT SIM

18:45 | Freestyle Area

BOOM
NAT

19:30 | Cycling Studio

RPM
CAROL THEN

19:45 | Main Studio

CORE CONDITIONING
EDWIN KO

19:45 | Mind & Body Studio

VINYASA YOGA
YUAN JING

20:45 | Main Studio

BODYJAM
TAUFIQ



DECEMBER '25 CLASS SCHEDULE

TUESDAY

07:15 | Main Studio
BODYPUMP
NICOLAS

08:30 | Mind & Body Studio
**GENTLE
FLOW YOGA**
JOANNA

08:30 | Main Studio
LES MILLS TONE
EDWIN KO

09:30 | Cycling Studio
RPM
SHARIFAH

09:45 | Main Studio
LES MILLS DANCE
JOANNA

09:45 | Mind & Body Studio
**LES MILLS
PILATES**
EDWIN KO

10:00 | Freestyle Area
NAK MUAY
JO TAN

11:00 | Main Studio
BODYPUMP
JO TAN

11:00 | Mind & Body Studio
**GENTLE
FLOW YOGA**
JOANNA

12:15 | Main Studio
BODYCOMBAT
JO TAN

18:30 | Mind & Body Studio
HOT YOGA
ASHLEY LEONG

18:30 | Main Studio
BODYCOMBAT
JO TAN

18:45 | Freestyle Area
HYROX

18:45 | Cycling Studio
RPM
WEE BOON

19:45 | Main Studio
BODYPUMP
JO TAN

19:45 | Mind & Body Studio
**GENTLE
FLOW YOGA**
ASHLEY LEONG

21:00 | Main Studio
LES MILLS SHAPES
BHAS

DECEMBER '25 CLASS SCHEDULE

WEDNESDAY

08:45 | Main Studio

BODYJAM
ANGIE

09:45 | Main Studio

CIRCUIT
KAREL

09:45 | Cycling Studio

RPM
ROBYN

11:00 | Main Studio

BODYCOMBAT
KAREL

11:00 | Mind & Body Studio

POWER YOGA
PAUL

12:15 | Main Studio

BODYPUMP
KAREL

12:15 | Mind & Body Studio

RESTORATIVE YOGA
PAUL

18:30 | Mind & Body Studio

BODYBALANCE
AMY

18:30 | Main Studio

BODYPUMP
KAREL

18:45 | Freestyle Area

NAK MUAY
FANG

19:45 | Freestyle Area

BOOM
FANG

19:45 | Mind & Body Studio

VINYASA YOGA
DAVID

19:45 | Cycling Studio

RPM
BERNIE

19:45 | Main Studio

BODYJAM
AMY SEOW

21:00 | Main Studio

BODYCOMBAT
FANG

DECEMBER '25 CLASS SCHEDULE

THURSDAY

08:30 | Mind & Body Studio

YIN YOGA
JOANNA

08:30 | Main Studio

CIRCUIT
RENU

09:45 | Main Studio

BODYSTEP
EDWIN KO

10:00 | Cycling Studio

RPM
JOANNA

11:00 | Mind & Body Studio

BODYBALANCE
ANGIE

11:00 | Main Studio

CIRQHIIT
EDWIN KO

12:15 | Main Studio

**CORE
CONDITIONING**
EDWIN KO

12:15 | Freestyle Area

HIIT X

18:30 | Main Studio

ZUMBA
MIYA

18:30 | Mind & Body Studio

BODYBALANCE
CHOKY

18:45 | Freestyle Area

BOOM
JO TAN

19:45 | Main Studio

BODYCOMBAT
KAREL

19:45 | Mind & Body Studio

VINYASA YOGA
JO TAN

19:45 | Cycling Studio

RPM
JESSICA LEE

21:00 | Main Studio

BODYPUMP
KELVIN TAY



DECEMBER '25 CLASS SCHEDULE

FRIDAY

08:30 | Main Studio

**CORE
CONDITIONING**
JOANNA

09:45 | Mind & Body Studio

HATHA YOGA
CHRISTINE TAN

09:45 | Main Studio

ZUMBA
CRYSTAL

10:00 | Cycling Studio

RPM
JOANNA

11:00 | Main Studio

LES MILLS DANCE
GEORGE

11:00 | Mind & Body Studio

GENTLE FLOW YOGA
CHRISTINE TAN

11:00 | Freestyle Area

BOOM
JO TAN

12:15 | Main Studio

BODYPUMP
JO TAN

12:15 | Mind & Body Studio

HOT FLOW YOGA
GEORGE

18:30 | Mind & Body Studio

YIN YOGA
HENRY

18:30 | Main Studio

BODYCOMBAT
NAT

18:45 | Cycling Studio

RPM
AMOS

19:45 | Main Studio

LES MILLS DANCE
JOANNE CHUA

19:45 | Mind & Body Studio

**RESTORATIVE
YOGA**
HENRY

20:40 | Main Studio

BODYJAM
JOANNE CHUA

DECEMBER '25 CLASS SCHEDULE

SATURDAY

08:30 | Mind & Body Studio

CORE FLOW
ASHLEY LEONG

08:30 | Main Studio

BODYCOMBAT
KAREL

09:45 | Main Studio

STEP MOVES
AMY

09:45 | Mind & Body Studio

**DYNAMIC
FLOW YOGA**
ASHLEY LEONG

10:00 | Freestyle Area

HYROX

11:00 | Mind & Body Studio

**GENTLE
FLOW YOGA**
GEORGE

11:00 | Cycling Studio

RPM
CAROL THEN

11:00 | Main Studio

ZUMBA
AMY

12:15 | Main Studio

BODYJAM
AMY

12:15 | Freestyle Area

BOOM
MIU

12:15 | Mind & Body Studio

PILATES
ALISON

13:30 | Main Studio

BODYPUMP
ADELINE GOH

14:45 | Main Studio

BODYCOMBAT
KELVIN TAY

14:45 | Cycling Studio

RPM
VIVIEN

14:45 | Mind & Body Studio

HATHA YOGA
BEN CHIU

16:00 | Main Studio

BODYSTEP
EDWIN KO

17:00 | Main Studio

CIRQHIIT
EDWIN KO

DECEMBER '25 CLASS SCHEDULE

SUNDAY

08:30 | Mind & Body Studio

HOT YOGA
DAVID CHIN

08:30 | Main Studio

BODYATTACK
ZAKI

09:45 | Main Studio

BODYPUMP
CHENGYUAN

09:45 | Mind & Body Studio

POWER YOGA
DAVID CHIN

10:00 | Freestyle Area

HYROX
KARLMAL

11:00 | Main Studio

ZUMBA
MIYA

11:15 | Cycling Studio

RPM
KARLMAL

12:15 | Mind & Body Studio

YIN YOGA
YUAN JING

12:15 | Main Studio

BODYCOMBAT
LIK MING

13:30 | Mind & Body Studio

DYNAMIC FLOW
LESTER LOW

13:30 | Main Studio

BODYPUMP
RENU

14:45 | Main Studio

BODYCOMBAT
RENU

14:45 | Cycling Studio

RPM
ZHENG YANG