

4 JANUARY 2025

# LES MILLS LAUNCH SCHEDULE

## MARKET STREET

### MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP
10:15AM - 11:00AM	LES MILLS FUNCTIONAL STRENGTH
11:15AM - 12:15PM	BODYCOMBAT
12:30PM - 01:15PM	LES MILLS SHAPES
01:30PM - 02:00PM	LES MILLS GRIT STRENGTH
02:15PM - 03:00PM	LES MILLS TONE
03:15PM - 03:45PM	LES MILLS CORE
04:00PM - 05:00PM	BODYATTACK

### MIND & BODY STUDIO

02:15PM - 03:15PM	BODYBALANCE
03:30PM - 04:15PM	LES MILLS PILATES

### CYCLING STUDIO

11:30AM - 12:15PM	RPM
01:15PM - 02:00PM	RPM

\* Class schedule correct as at time of publication. For most updated class schedule and booking of classes please refer to the Fitness First Asia mobile app.

5 JANUARY 2025

# LES MILLS LAUNCH SCHEDULE

## ANG MO KIO

### MAIN STUDIO

09:30AM - 10:30AM	BODYATTACK
10:45AM - 11:45AM	BODYCOMBAT
12:00PM - 01:00PM	BODYPUMP
01:15PM - 02:15PM	BODYSTEP
02:30PM - 03:15PM	LES MILLS TONE
03:45PM - 04:45PM	BODYJAM
05:00PM - 05:45PM	LES MILLS DANCE

### MIND & BODY STUDIO

01:15PM - 02:15PM	BODYBALANCE
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### CYCLE ZONE

10:45AM - 11:30AM	RPM
12:15PM - 01:00PM	RPM

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