



 **FITNESS FIRST 100AM**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:30AM - 10:30AM	BODYPUMP	LEONARD ONG
10:45AM - 11:45AM	BODYCOMBAT	KENNETH TAN
12:00PM - 01:00PM	STEP MOVES	FIONA KWAN
01:15PM - 02:15PM	ZUMBA	MUS
02:25PM - 03:25PM	ZUMBA	CRYSTAL

MIND & BODY STUDIO

09:30AM - 10:30AM	GENTLE FLOW YOGA	IAN FUNG
10:45AM - 11:45AM	VINYASA YOGA	IAN FUNG

** 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.*



 **FITNESS FIRST 100AM**

LUNAR NEW YEAR SPECIAL CLASSES

30 JANUARY

MAIN STUDIO

09:30AM - 10:30AM	BODYPUMP	MINGFEI
10:45AM - 11:45AM	BODYCOMBAT	MINGFEI
12:00PM - 01:00PM	BODYCOMBAT	NICHOLAS MAK
01:15PM - 02:15PM	BODYJAM	ANGELINA

MIND & BODY STUDIO

09:30AM - 10:30AM	HATHA YOGA	DAVID
10:45AM - 11:45AM	VINYASA YOGA	DAVID
12:00PM - 01:00PM	YOGA CORE	DAVID

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 **FITNESS FIRST ANG MO KIO**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:00AM - 10:00AM	BODYJAM	GEORGE
10:15AM - 11:15AM	BODYCOMBAT	FANG
11:30AM - 12:30PM	CIRQHIIT TRANSFORM	FANG
12:45PM - 01:45PM	BODYPUMP	CHRISTOPHER SIM

MIND & BODY STUDIO

09:00AM - 10:00AM	GENTLE FLOW YOGA	JO LIM
10:15AM - 11:15AM	YOGA STRETCH	JO LIM
11:30AM - 12:30PM	BODYBALANCE	HALEY
12:45AM - 01:45PM	RESTORATIVE YOGA	HALEY

CYCLING STUDIO

11:30AM - 12:15PM	RPM	JIA YEAN
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 **FITNESS FIRST ANG MO KIO**

LUNAR NEW YEAR SPECIAL CLASSES

30 JANUARY

MAIN STUDIO

09:00AM - 10:00AM	CIRCUIT	ALI
10:15AM - 11:15AM	BODYATTACK	JASALIN
11:30AM - 12:30PM	BODYCOMBAT	RYAN
12:45PM - 01:45PM	STEP MOVES	FIONA

MIND & BODY STUDIO

09:00AM - 10:00AM	BODYBALANCE	GEORGE
10:15AM - 11:15AM	HATHA YOGA	JO LIM
11:30AM - 12:30PM	YOGA STRETCH	JO LIM
12:45PM - 01:45PM	FITBALL	KAIXIN

CYCLING STUDIO

10:30AM - 11:15AM	RPM	CHRISTINA CHIN
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 **FITNESS FIRST BUGIS**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

10:30AM - 11:30AM

BODYPUMP

PRIYA

11:45PM - 12:45PM

BODYCOMBAT

PRIYA

01:00PM - 02:00PM

BODYBALANCE

PRIYA

30 JANUARY

MAIN STUDIO

10:00AM - 11:00AM

BODYCOMBAT ★

EDWIN CHIAM

11:30AM - 12:30PM

BODYCOMBAT ★

GRACE LEE

01:00PM - 02:00PM

BODYCOMBAT ★

MINGFEI

02:30PM - 03:30PM

BODYCOMBAT ★

KENNETH

★ BODYCOMBAT MARATHON SPECIAL

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 **FITNESS FIRST CLEMENTI**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:00AM - 10:00AM

BODYCOMBAT

JOYCE LEE

10:15AM - 11:15AM

BODYBALANCE

AGNES PHOEN

11:30AM - 12:30PM

BODYPUMP

NICKY

12:45PM - 01:45PM

BODYSTEP

ZAKI

30 JANUARY

MAIN STUDIO

09:00AM - 10:00AM

BODYCOMBAT

YIRU

10:15AM - 11:15AM

YIN YOGA

REGINA

11:30AM - 12:15PM

LES MILLS DANCE

RUI TING

12:45PM - 01:45PM

BODYATTACK

ZAKI

02:00PM - 03:00PM

BODYPUMP

GERALD NG

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FITNESS FIRST FUSIONOPOLIS

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:00AM - 10:00AM

BODYPUMP

MINGFEI

10:15AM - 11:15AM

ZUMBA

MUS

11:30AM - 12:30PM

BODYCOMBAT

MINGFEI

MIND & BODY STUDIO

10:15AM - 11:15AM

GENTLE FLOW YOGA

GLENN

CYCLING STUDIO

09:00AM - 09:45AM

RPM

GLENN

10:00AM - 11:00AM

RPM60

WEE BOON

BOXING ZONE

10:15AM - 11:00AM

BOOM

MINGFEI

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FITNESS FIRST FUSIONOPOLIS

LUNAR NEW YEAR SPECIAL CLASSES

30 JANUARY

MAIN STUDIO

08:45AM - 09:45AM

BODYPUMP

NATHANIEL

10:00AM - 11:00AM

BODYCOMBAT

PRIYA

11:15AM - 12:00PM

LES MILLS CORE 45

PRIYA

MIND & BODY STUDIO

09:00AM - 10:00AM

HOT FLOW YOGA

IAN FUNG

10:15AM - 11:15AM

GENTLE FLOW YOGA

IAN FUNG

CYCLING STUDIO

10:00AM - 10:45AM

RPM

WEE BOON

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 **FITNESS FIRST JUNCTION 10**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:00AM - 10:00AM

SUSPENSION EXERCISE

DESIREE

10:15AM - 11:15AM

CORE CONDITIONING

DESIREE

11:30AM - 12:30PM

BODYCOMBAT

JOYCE

12:45PM - 01:45PM

BODYPUMP

JOYCE

MIND & BODY STUDIO

09:00AM - 10:00AM

RPM60

RANDY

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 **FITNESS FIRST JUNCTION 10**

LUNAR NEW YEAR SPECIAL CLASSES

30 JANUARY

MAIN STUDIO

09:00AM - 10:00AM

VINYASA YOGA

CAROLINE

10:15AM - 11:15AM

GENTLE FLOW YOGA

CAROLINE

11:30AM - 12:30PM

CIRCUIT

VON

12:45PM - 01:45PM

BODYCOMBAT

JAGE

MIND & BODY STUDIO

10:30AM - 11:15AM

RPM

VON

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 **FITNESS FIRST MARKET STREET**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:00AM - 10:00AM

BODYPUMP

PRISCILLA

10:15AM - 11:15AM

BODYCOMBAT

PRISCILLA

02:30PM - 03:30PM

BODYPUMP

BHAS

03:40PM - 04:40PM

BODYATTACK

BHAS

CYCLING STUDIO

10:15AM - 11:00AM

RPM

YONG

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 **FITNESS FIRST MARKET STREET**

LUNAR NEW YEAR SPECIAL CLASSES

30 JANUARY MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	PRISCILLA
10:15AM - 11:15AM	BODYCOMBAT	PRISCILLA
11:30AM - 12:30PM	BODYATTACK	RON
12:45PM - 01:45PM	BODYPUMP	RYAN H.
02:15PM - 03:15PM	CIRCUIT	FERNIE

CYCLING STUDIO

10:15AM - 11:00AM	RPM	JIA YEAN
03:30PM - 04:15PM	RPM	FERNIE

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 **FITNESS FIRST ONE GEORGE STREET**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:00AM - 09:45AM

CIRCUIT

YEOH

10:00AM - 11:00AM

BODYPUMP

YEOH

30 JANUARY

MAIN STUDIO

09:00AM - 09:45AM

CIRCUIT

YEOH

10:00AM - 11:00AM

BODYPUMP

YEOH

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 **FITNESS FIRST PARAGON**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:15AM - 10:00AM

CIRCUIT

JAY

10:30AM - 11:15AM

BODYPUMP

LOKIES

12:00PM - 12:45PM

LES MILLS DANCE

GEORGE

MIND & BODY STUDIO

08:45AM - 10:15AM

90 MINS
BODYCOMBAT 100

NICKY & JANICE

10:45AM - 11:45AM

BODYBALANCE

GEORGE

CYCLING STUDIO

10:30AM - 11:15AM

RPM

VON

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 **FITNESS FIRST PARAGON**

LUNAR NEW YEAR SPECIAL CLASSES

30 JANUARY

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	GLENN
10:15AM - 11:15AM	STEP MOVES	FIONA
11:30AM - 12:15PM	LES MILLS DANCE	ANITA
12:30PM - 01:30PM	BODYJAM	ANITA

MIND & BODY STUDIO

09:00AM - 10:00AM	BODYCOMBAT	DESMOND & GRAY
10:15AM - 11:15AM	BODYATTACK	GLENN
11:30AM - 12:30PM	GENTLE FLOW	GLENN

CYCLING STUDIO

12:30PM - 01:15PM	RPM	KARL
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FITNESS FIRST PAYA LEBAR

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

10:15AM - 11:00AM	CIRCUIT TRANSFORM	JO TAN
11:15AM - 12:15PM	BODYPUMP	JO TAN
12:30PM - 01:30PM	BODYCOMBAT	JO TAN
01:45PM - 02:45PM	BODYJAM	TAUFIQ

30 JANUARY

MAIN STUDIO

10:30AM - 11:30AM	CIRCUIT	FERNIE
11:45AM - 12:45PM	BODYPUMP	FERNIE
01:00PM - 01:50PM	LES MILLS CORE	BHAS
02:10PM - 03:10PM	BODYATTACK	BHAS

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 **FITNESS FIRST TAMPINES**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:15AM - 10:00AM

CIRQHIIT TRANSFORM

EDWIN KO

10:15AM - 11:15AM

BODYSTEP

EDWIN KO

11:30AM - 12:30PM

BODYJAM

AMY SEOW

12:45PM - 01:45PM

BODYCOMBAT

PRISCILLA

MIND & BODY STUDIO

09:00AM - 10:00AM

HATHA YOGA

DAVID

10:15AM - 11:15AM

BODYBALANCE

AMY SEOW

CYCLING STUDIO

10:15AM - 11:00AM

RPM

KARLMAL

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 **FITNESS FIRST TAMPINES**

LUNAR NEW YEAR SPECIAL CLASSES

30 JANUARY MAIN STUDIO

09:00AM - 10:00AM	BODYATTACK	BHAS
10:15AM - 11:15AM	BODYCOMBAT	JANICE
11:30AM - 12:30PM	BODYPUMP	BENEDICT SIM
12:45PM - 01:30PM	LES MILLS DANCE	RYAN ONG
01:45PM - 02:45PM	BODYJAM	RYAN ONG

MIND & BODY STUDIO

09:00AM - 10:00AM	HOT FLOW YOGA	FAYE
10:15AM - 11:15AM	YIN YOGA	FAYE
11:30AM - 12:30PM	BODYBALANCE	GEORGE

CYCLING STUDIO

09:15AM - 10:00AM	RPM	JANICE
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 **FITNESS FIRST WESTGATE**

LUNAR NEW YEAR SPECIAL CLASSES

29 JANUARY

MAIN STUDIO

09:00AM - 10:00AM	BODYATTACK	GORDON
10:15AM - 11:15AM	BODYJAM	JACLYN
11:30AM - 12:30AM	BODYCOMBAT	YOKE SUN
12:45PM - 01:45PM	BODYBALANCE	AGNES PHOEN
02:00PM - 03:00PM	BODYPUMP	GRACE LEE

MIND & BODY STUDIO

10:30AM - 11:15AM	RPM	SHARIFAH
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 **FITNESS FIRST WESTGATE**

LUNAR NEW YEAR SPECIAL CLASSES

30 JANUARY

MAIN STUDIO

09:00AM - 10:00AM

BODYJAM

ANGELINA YEO

10:15AM - 11:15AM

BODYSTEP

ALWIN

11:30AM - 12:30AM

BODYPUMP

CHENGYUAN

12:45PM - 01:45PM

HATHA YOGA

JOEY KOH

02:00PM - 03:00PM

BODYCOMBAT

XIN PING

MIND & BODY STUDIO

10:30AM - 11:15AM

RPM

KARL

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