

 100AM

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MIND & BODY STUDIO**  
12.30PM - 1.30PM

**PILATES**  
Core Stability

**ALVAN  
CHAN**

**MAIN STUDIO**  
5.30PM - 6.30PM

**BODYPUMP**  
Full Body Strength Workout

**GAVIN**

## 28 Jul

**MAIN STUDIO**  
11.15AM - 12.15PM

**BODYCOMBAT**  
Fast Jabs, Powerful Kicks

**ENID**

**CYCLING STUDIO**  
3.00PM - 3.45PM

**RPM**  
Race to Victory

**YONG**

## 3 Aug

**MAIN STUDIO**  
9.00AM - 10.00AM

**BODYPUMP**  
Muscular Endurance

**LOKIES**

**MIND & BODY STUDIO**  
8.45AM - 9.45AM

**GENTLE FLOW**  
Balance, Flexibility, Endurance

**SHERLIN**

## 4 Aug

**MAIN STUDIO**  
11.15AM - 12.15PM

**BODYCOMBAT**  
Warrior's Journey

**ENID**

**MAIN STUDIO**  
4.15PM - 5.15PM

**BODYCOMBAT**  
Fight Club

**GAVIN**

## 10 Aug

**MAIN STUDIO**  
12.45PM - 1.30PM

**LES MILLS DANCE**  
Workout In Your Favourite  
Olympic Colours

**JOANNE  
CHUA**

**MAIN STUDIO**  
4.15PM - 5.15PM

**BODYCOMBAT**  
Workout In Your Favourite  
Olympic Colours

**MIU**

## 11 Aug

**MIND & BODY STUDIO**  
8.45AM - 9.45AM

**YOGA**  
Olympic Special: Beginner  
Handstand

**SOO**

**MIND & BODY STUDIO**  
10.00AM - 11.00AM

**YOGA**  
Olympic Special: Beginner  
Calisthenics

**SOO**



321 CLEMENTI

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
8.00AM - 9.00AM

**DYANMIC FLOW**  
Yoga Strength

**LESTER**

**MAIN STUDIO**  
1.00PM - 2.00PM

**BODYPUMP**  
Strength

**BENJI**

## 28 Jul

**MAIN STUDIO**  
9.45AM - 10.45AM

**BODYCOMBAT**  
Speed Based Combat

**GAVIN**

**MAIN STUDIO**  
12.15PM - 1.15PM

**DYNAMIC FLOW**  
Speed & Flow

**LESTER**

## 3 Aug

**MAIN STUDIO**  
10.30AM - 11.30AM

**BODYSTEP**  
Endurance

**JEAN**

**MAIN STUDIO**  
2.15PM - 3.15PM

**BODYATTACK**  
Endurance Training

**BENJI**

## 4 Aug

**MAIN STUDIO**  
9.45AM - 10.45AM

**BODYCOMBAT**  
Agility Based Combat

**GAVIN**

**MAIN STUDIO**  
11.00AM - 12.00PM

**BODYJAM**  
Agility Groove

**WILI**

## 10 Aug

**MAIN STUDIO**  
8.30AM - 9.30AM

**BODYPUMP**  
Workout In Your Favourite  
Olympic Colours

**GAVIN**

**MAIN STUDIO**  
11.00AM - 12.00PM

**BODYJAM**  
Workout In Your Favourite  
Olympic Colours

**LUCAS**

## 11 Aug

**MAIN STUDIO**  
9.45AM - 10.45AM

**BODYCOMBAT**  
Workout In Your Favourite  
Olympic Colours

**GAVIN**

**MAIN STUDIO**  
12.15PM - 1.15PM

**DYNAMIC FLOW**  
Workout In Your Favourite  
Olympic Colours

**ALISON**

 **AMK HUB**

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
2.30PM - 3.30PM

**BODYPUMP**  
Strength

**NICKY**

**CYCLING STUDIO**  
11.00AM - 11.45AM

**RPM**  
Strength

**ALAN YAP**

## 28 Jul

**MAIN STUDIO**  
10.45AM - 11.45AM

**BODYCOMBAT**  
Martial Arts Champions

**KEE**

**MIND & BODY STUDIO**  
1.15PM - 2.15PM

**PILATES**  
Speed Work on Core

**DAVID CHEW**

## 3 Aug

**MAIN STUDIO**  
12.00PM - 1.00PM

**BODYATTACK**  
Endurance

**EDWIN  
CHIAM**

**MIND & BODY STUDIO**  
12.00PM - 1.00PM

**PILATES**  
Endurance

**EULIN**

## 4 Aug

**MAIN STUDIO**  
9.30AM - 10.30AM

**CIRCUIT**  
Agility Focus

**DESIREE**

**MIND & BODY STUDIO**  
2.30PM - 3.30PM

**BODYBALANCE**  
Agility

**KEE**

## 10 Aug

**MAIN STUDIO**  
11.15AM - 12.15PM

**BODYCOMBAT**  
Workout In Your Favourite  
Olympic Colours

**EDWIN  
CHIAM**

## 11 Aug

**MAIN STUDIO**  
3.45PM - 4.45PM

**BODYJAM**  
Workout In Your Favourite  
Olympic Colours

**LEE TONG**

 **BUGIS**

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
9.00AM - 10.00AM

**CIRCUIT**  
Olympians Workout

**FERNIE**

**MAIN STUDIO**  
12.00PM - 1.00PM

**BODYPUMP**  
Lower Body Strength

**CHENG  
YUAN**

## 28 Jul

**MAIN STUDIO**  
1.15PM - 2.15PM

**BODYCOMBAT**  
Fast Jabs Combat

**KAREL**

**MAIN STUDIO**  
2.30PM - 3.30PM

**BODYATTACK**  
Agility Workout

**KENNY**

## 3 Aug

**MAIN STUDIO**  
10.10AM - 11.10AM

**BODYPUMP**  
Muscular Endurance

**FERNIE**

**MAIN STUDIO**  
5.40PM - 6.40PM

**AERIAL FLOW**  
How Long Can You Hold  
The Pose?

**BEN CHIU**

## 4 Aug

**MAIN STUDIO**  
9.00AM - 9.30AM

**LES MILLS GRIT CARDIO**  
Agility Training

**ADELINE**

**MAIN STUDIO**  
3.45PM - 4.30PM

**LES MILLS CORE**  
Agility Training

**GLENN**

## 10 Aug

**MAIN STUDIO**  
3.30PM - 4.15PM

**LES MILLS DANCE**  
Workout In Your Favourite  
Olympic Colours

**NATALIE**

**MAIN STUDIO**  
4.30PM - 5.30PM

**BODYJAM**  
Workout In Your Favourite  
Olympic Colours

**TAUFIQ**

## 11 Aug

**MAIN STUDIO**  
10.50AM - 11.50AM

**BODYBALANCE**  
Workout In Your Favourite  
Olympic Colours

**BEN TANG**

**MAIN STUDIO**  
4.45PM - 5.45PM

**BODYPUMP**  
Workout In Your Favourite  
Olympic Colours

**CARRICK**



**CAPITAL TOWER**

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
11.30AM - 12.30PM

**BODYPUMP**  
Full Body Strength Workout

**ALAN SHIN**

**SWIMMING POOL**  
11.00AM - 12.00PM

**AQUAFIT**  
Core Stability Challenge

**HAN YUE**

## 3 Aug

**MAIN STUDIO**  
12.45PM - 1.45PM

**BODYCOMBAT**  
Mixed Martial Arts Combat

**LOCK**

**CYCLING STUDIO**  
10.30AM - 11.30AM

**RPM CHALLENGE**  
Tour De RPM Challenge

**VON**

## 10 Aug

**MAIN STUDIO**  
11.30AM - 12.30PM

**BODYPUMP**  
Workout In Your Favourite  
Olympic Colours

**ALAN SHIN**

**CYCLING STUDIO**  
10.30AM - 11.15AM

**RPM**  
Workout In Your Favourite  
Olympic Colours

**VON**



FUSIONOPOLIS

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
8.20AM - 9.20AM

**BODYPUMP**  
Strength

**YINSHI**

**MIND & BODY STUDIO**  
1.30PM - 2.30PM

**PILATES**  
Strength

**RITA**

## 28 Jul

**CYCLING STUDIO**  
11.15AM - 12.00PM

**RPM**  
Speed

**GRACE LEE**

**CYCLING STUDIO**  
12.30PM - 1.15PM

**RPM**  
Speed

**SHARIFAH**

## 3 Aug

**MAIN STUDIO**  
12.20PM - 1.20PM

**BODYPUMP**  
Endurance

**NATHANIEL**

**CYCLING STUDIO**  
8.30AM - 9.30AM

**RPM CHALLENGE**  
Endurance

**GLENN**

## 4 Aug

**MAIN STUDIO**  
9.40AM - 10.40AM

**BODYCOMBAT**  
Agility Combat

**WYATT**

**MAIN STUDIO**  
3.00PM - 4.00PM

**BODYCOMBAT**  
Agility Combat

**ALBERT R**

## 10 Aug

**MAIN STUDIO**  
9.40AM - 10.40AM

**BODYATTACK**  
Workout In Your Favourite  
Olympic Colours

**GRACE  
YEW**

**CYCLING STUDIO**  
10.00AM - 10.45AM

**RPM**  
Workout In Your Favourite  
Olympic Colours

**YINSHI**

## 11 Aug

**MAIN STUDIO**  
8.20AM - 9.20AM

**BODYPUMP**  
Workout In Your Favourite  
Olympic Colours

**BENEDICT  
SIM**

**MAIN STUDIO**  
1.40PM - 2.40PM

**BODYPUMP**  
Workout In Your Favourite  
Olympic Colours

**YUYONG**

 **JUNCTION 10**

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
10.10AM - 11.10AM

**DYNAMIC FLOW**  
Rhythmic Gymnastics Vinyasa

**CAROLINE**

**MAIN STUDIO**  
11.20AM - 12.20PM

**GENTLE FLOW**  
Wrestling Inspired Partner Yoga

**CAROLINE**

## 28 Jul

**MAIN STUDIO**  
12.15PM - 1.15PM

**BODYCOMBAT**  
Favourite Olympic Colours

**JASMIN**

**MAIN STUDIO**  
2.45PM - 3.45PM

**AERIAL FLOW**  
Courage to Soar

**ALISON**

## 3 Aug

**MAIN STUDIO**  
9.00AM - 10.00AM

**BODYPUMP**  
Strength & Perseverance

**LIVIA**

**MAIN STUDIO**  
2.40PM - 3.40PM

**BODYCOMBAT**  
Colours of Olympic Logo

**TOSHIE**

## 4 Aug

**MAIN STUDIO**  
9.00AM - 9.45AM

**BODYBALANCE**  
Colours of Olympic Logo

**ETHAN**

**MAIN STUDIO**  
10.00AM - 10.45AM

**DANCE MOVES**  
Colours of Olympic Logo

**CHARLOTTE**

## 10 Aug

**MAIN STUDIO**  
12.30PM - 1.30PM

**BODYSTEP**  
Red & White BODYSTEP

**BRIAN**

**MAIN STUDIO**  
1.40PM - 2.40PM

**BODYPUMP**  
Red & White BODYPUMP

**LENNART**

## 11 Aug

**MAIN STUDIO**  
11.00AM - 12.00PM

**ZUMBA**  
Red & White Zumba

**MUS**

**CYCLING STUDIO**  
10.00AM - 10.45AM

**RPM**  
Red & White RPM

**DANIEL**



MAPLETREE

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
10.45AM - 11.30AM

**INTERVAL RIDE**  
Speed of Light

**SHERLIN**

**MAIN STUDIO**  
11.45AM - 12.30PM

**CIRCUIT**  
Strength of Steel

**SHERLIN**

## 3 Aug

**MAIN STUDIO**  
9.30AM - 10.15AM

**LES MILLS TONE**  
One Team

**MIKE TAY**

**MAIN STUDIO**  
10.30AM - 11.30AM

**BODYCOMBAT**  
Endurance

**JOAN**

## 10 Aug

**MAIN STUDIO**  
2.15PM - 3.15PM

**VINYASA YOGA**  
Stand Up For Singapore

**SHERLIN**





**MARKET STREET**

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
10.45AM - 11.45AM

**CIRCUIT**  
Strength

**JO TAN**

**MIND & BODY STUDIO**  
1.05PM - 2.05PM

**HATHA YOGA**  
Strength

**DAVID  
CHEW**

## 28 Jul

**MAIN STUDIO**  
9.15AM - 10.15AM

**CIRCUIT**  
Speed

**FERNIE**

## 3 Aug

**MAIN STUDIO**  
10.45AM - 11.45AM

**CIRCUIT**  
Endurance

**JO TAN**

**MIND & BODY STUDIO**  
1.05PM - 2.05PM

**HATHA YOGA**  
Mindful Movements

**DAVID  
CHEW**

## 4 Aug

**MAIN STUDIO**  
9.15AM - 10.15AM

**CIRCUIT**  
Agility

**FERNIE**



**METROPOLIS**

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
9.00AM - 10.00AM

**BODYPUMP**  
Strength

**WYATT**

**MAIN STUDIO**  
2.10PM - 3.10PM

**BODYBALANCE**  
Strength

**VINZ**

## 3 Aug

**MAIN STUDIO**  
10.30AM - 11.30AM

**BODYCOMBAT**  
Endurance Combat

**CHERYL**

**MAIN STUDIO**  
1.10PM - 1.55PM

**CIRQHIIT**  
Endurance

**YEOH**

## 10 Aug

**MAIN STUDIO**  
9.00AM - 10.00AM

**BODYPUMP**  
Workout In Your Favourite  
Olympic Colours

**YUYONG**

**MAIN STUDIO**  
12.00PM - 1.00PM

**ZUMBA**  
Workout In Your Favourite  
Olympic Colours

**CHARLOTTE**



ONE RAFFLES QUAY

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
10.15AM - 11.15AM

**CIRCUIT**  
Olympic Fitness Test

**YEOH**

**MIND & BODY STUDIO**  
10.00AM - 11.10AM

**VINYASA YOGA**  
Strength Flow

**ASHLEY  
CHER**

## 3 Aug

**MAIN STUDIO**  
12.45PM - 2.00PM

**BODYCOMBAT**  
75 Mins BODYCOMBAT  
Endurance

**FANG**

**CYCLING STUDIO**  
10.30AM - 11.15AM

**RPM**  
Endurance Training

**ADELINE**

## 10 Aug

**MAIN STUDIO**  
9.00AM - 10.00AM

**CIRCUIT**  
Weightlifting Focused

**JAY**

**MAIN STUDIO**  
11.30AM - 12.30PM

**BODYPUMP**  
Workout In Your Favourite  
Olympic Colours

**MING FEI**



PARAGON

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
12.45PM - 1.45PM

**BODYPUMP**  
Building Lower Body Strength

AGUS

**MIND & BODY STUDIO**  
3.15PM - 4.15PM

**POWER YOGA**  
Building Core Strength

SERENA  
TAN

## 28 Jul

**MIND & BODY STUDIO**  
12.45PM - 1.45PM

**BODYATTACK**  
Move With Speed

GRACE

**CYCLING STUDIO**  
2.00PM - 2.45PM

**RPM**  
Ride With Speed

VIVI

## 3 Aug

**MIND & BODY STUDIO**  
10.15AM - 11.15AM

**HOT FLOW YOGA**  
Mind & Body Endurance

CHRISTINE

**CYCLING STUDIO**  
2.00PM - 3.00PM

**RPM CHALLENGE**  
Cardiovascular Endurance

ALAN TAN

**MAIN STUDIO**  
4.30PM - 5.30PM

**BODYPUMP**  
Muscular Endurance

TIMOTHY

## 4 Aug

**MAIN STUDIO**  
10.20AM - 11.20AM

**BODYSTEP**  
Step With Agility

JASWIN

**MIND & BODY STUDIO**  
4.30PM - 5.30PM

**BODYCOMBAT**  
Move Like A Boxer

JASPER

## 10 Aug

**MAIN STUDIO**  
9.00AM - 10.00AM

**BODYPUMP**  
Weightlifting

LEONARD  
ONG

**CYCLING STUDIO**  
10.30AM - 11.15AM

**RPM**  
Cycling

YONG

**MIND & BODY STUDIO**  
4.30PM - 5.30PM

**BODYCOMBAT**  
Boxing

ALBERT

## 11 Aug

**MAIN STUDIO**  
2.00PM - 3.00PM

**BODYJAM**  
Olympic Colours Celebration

ANGIE

**MAIN STUDIO**  
4.25PM - 5.10PM

**LES MILLS DANCE**  
Olympic Colours Celebration

RYAN



**PAYA LEBAR**

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
2.00PM - 2.45PM

**LES MILLS TONE**  
Athlete's Strength Workout

**MIKE TAY**

**MAIN STUDIO**  
5.30PM - 6.30PM

**BODYPUMP**  
Strong Total Body Workout

**JOJO**

## 28 Jul

**MAIN STUDIO**  
10.00AM - 11.00AM

**BODYCOMBAT**  
Speed Focused Combat

**PRIYA**

**MAIN STUDIO**  
11.30AM - 12.15PM

**LES MILLS TONE**  
Move Fast

**MERVYN**

## 3 Aug

**MAIN STUDIO**  
11.00AM - 11.45AM

**LES MILLS CORE**  
Core Endurance

**CJ**

**MAIN STUDIO**  
4.15PM - 5.15PM

**BODYBALANCE**  
Hold The Pose Challenge

**VALERIE  
& JOEY**

## 4 Aug

**MAIN STUDIO**  
10.00AM - 11.00AM

**BODYCOMBAT**  
How Fast Can You Move?

**PRIYA**

**FIGHT ZONE**  
3.00PM - 3.45PM

**BOOM**  
Move Like A Boxer

**LOUIS  
QUAN**

## 10 Aug

**MAIN STUDIO**  
12.45PM - 1.45PM

**BODYCOMBAT**  
Workout In Your Favourite  
Olympic Colours

**YI RU**

**MAIN STUDIO**  
3.00PM - 4.00PM

**BODYCOMBAT**  
Workout In Your Favourite  
Olympic Colours

**MINGFEI**

## 11 Aug

**MAIN STUDIO**  
12.30PM - 1.30PM

**BODYPUMP**  
Workout In Your Favourite  
Olympic Colours

**PRISCILLA**

**MAIN STUDIO**  
1.45PM - 2.45PM

**BODYCOMBAT**  
Workout In Your Favourite  
Olympic Colours

**LOUIS  
QUAH**



TAMPINES

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MIND & BODY STUDIO**  
12.15PM - 1.15PM

**PILATES**  
Strength In Core

**ALISON**

**MAIN STUDIO**  
1.30PM - 2.30PM

**BODYPUMP**  
Strong Total Body Workout

**ADELINE  
GOH**

## 28 Jul

**CYCLING STUDIO**  
11.15AM - 12.00PM

**RPM**  
Fast, Fit, Fab

**KARLMAL**

**MAIN STUDIO**  
12.15PM - 1.15PM

**BODYCOMBAT**  
Fast Jabs

**LIK MING**

## 3 Aug

**MIND & BODY STUDIO**  
8.30AM - 9.30AM

**CORE FLOW YOGA**  
Core Endurance

**ASHLEY  
LEONG**

**CYCLING STUDIO**  
11.00AM - 11.45AM

**RPM**  
Endurance Spin

**JESSICA  
LEE**

**FREESTYLE AREA**  
12.15PM - 1.00PM

**BOOM**  
Fight Fast Boom HIIT

**MIU**

## 4 Aug

**MAIN STUDIO**  
8.30AM - 9.30AM

**BODYATTACK**  
Let's Skate Physical Attack

**ZAKI**

**MAIN STUDIO**  
2.45PM - 3.45PM

**BODYCOMBAT**  
Running Man Combat

**WYATT**

## 10 Aug

**MAIN STUDIO**  
8.30AM - 9.30AM

**BODYCOMBAT**  
Workout In Your Favourite  
Olympic Colours

**KAREL**

**MIND & BODY STUDIO**  
11.00AM - 12.00PM

**GENTLE FLOW YOGA**  
Workout In Your Favourite  
Olympic Colours

**GEORGE**

## 11 Aug

**MAIN STUDIO**  
11.00AM - 12.00PM

**ZUMBA**  
Workout In Your Favourite  
Olympic Colours

**MIYA**

**MIND & BODY STUDIO**  
12.15PM - 1.15PM

**YIN YOGA**  
Workout In Your Favourite  
Olympic Colours

**YUAN JING**



WESTGATE

# OLYMPICS BONANZA 2024

Special weekend themed classes



## 27 Jul

**MAIN STUDIO**  
10.15AM - 11.15AM

**BODYBALANCE**  
Strength & Balance

**PRIYA**

**MAIN STUDIO**  
12.45PM - 1.45PM

**BODYPUMP**  
Strength

**GAGE**

## 28 Jul

**MAIN STUDIO**  
3.15PM - 4.15PM

**BODYSTEP**  
Speed

**ALWIN**

**CYCLING STUDIO**  
11.30AM - 12.30PM

**RPM 60**  
Speed

**WESLEY**

## 3 Aug

**MAIN STUDIO**  
3.15PM - 4.15PM

**BODYCOMBAT**  
Endurance

**ENID**

**SWIMMING POOL**  
9.30AM - 10.30AM

**AQUAFIT**  
Endurance In Water

**SHIRLEY**

## 4 Aug

**MAIN STUDIO**  
3.15PM - 4.15PM

**BODYSTEP**  
Agility Training

**ALWIN**

**MAIN STUDIO**  
5.45PM - 6.45PM

**BODYCOMBAT**  
Agility Combat

**JANICE**

## 10 Aug

**MAIN STUDIO**  
4.30PM - 5.15PM

**LES MILLS DANCE**  
Workout In Your Favourite  
Olympic Colours

**RUI TING**

**MAIN STUDIO**  
5.45PM - 6.45PM

**BODYSTEP**  
Workout In Your Favourite  
Olympic Colours

**BRIAN**

## 11 Aug

**MAIN STUDIO**  
11.30AM - 12.15PM

**LES MILLS DANCE**  
Workout In Your Favourite  
Olympic Colours

**DOEY**

**MAIN STUDIO**  
12.45PM - 1.45PM

**BODYCOMBAT**  
Workout In Your Favourite  
Olympic Colours

**ALBERT**