

SAF DAY SPECIAL CLASSES

FEATURING **LES MILLS** LAUNCH

Gear up for SAF Day with the latest Les Mills new releases and 2 hours of consecutive BODYCOMBAT classes at selected clubs!

MON, 29 JUNE

FF 100AM

07 60 minutes by VIVI WOON & GAVIN

35 PM **BODYPUMP #137**

06 60 minutes by JOEL WONG

25 PM **BODYBALANCE #112**

FF BUGIS

07 60 minutes by MIU

30 PM **BODYPUMP #137**

08 45 minutes by MIU

45 PM **LES MILLS CORE #62**

FF PAYA LEBAR

07 45 minutes by LOUIS QUAH

15 PM **LES MILLS CORE #62**

08 60 minutes by EDMUND

20 PM **BODYPUMP #137**

Class schedule is correct as at time of publication.

For most updated class schedule and booking of classes, please refer to the Fitness First SEA mobile app.

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TUE, 30 JUNE

FF 100AM

06 | 60 minutes by **VIVI KUSUMA & BEN NING**

25 PM | **BODYJAM #116**

07 | 60 minutes by **EDISON**

35 PM | **BODYATTACK #132**

FF BUGIS

07 | 60 minutes by **EUGENE & NATALIE**

30 PM | **LES MILLS DANCE #12**

08 | 60 minutes by **JOANNE & AMY**

30 PM | **BODYJAM #116**

FF PAYA LEBAR

07 | 60 minutes by **DOEY & NICHOLAS**

15 PM | **BODYATTACK #132**

08 | 60 minutes by **SHIRLEY**

30 PM | **BODYJAM #116**

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WED, 1 JULY

FF 100AM

**06
25** PM | 60 minutes by **KENNY LYE & MING FEI**
BODYCOMBAT

**07
35** PM | 60 minutes by **JANICE & GAVIN**
BODYCOMBAT #107

FF BUGIS

**06
15** PM | 45 minutes by **KATHERINE**
BODYCOMBAT

**07
15** PM | 60 minutes by **PRIYA & YIRU**
BODYCOMBAT #107

FF ONE GEORGE STREET

**07
20** PM | 60 minutes by **GLENN**
BODYPUMP HEAVY #4

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WED, 1 JULY

FF ONE RAFFLES QUAY

**06
00** PM | 45 minutes by **FERNIE**
RPM #110

**07
00** PM | 45 minutes by **YEOH**
RPM #110

FF PARAGON

**06
40** PM | 45 minutes by **IAN CHOO & JESSICA**
RPM #110

**07
30** PM | 60 minutes by **RYAN HARYADI & BHAS**
BODYPUMP HEAVY #4

FF PAYA LEBAR

**06
00** PM | 60 minutes by **ADELINE GOH**
BODYCOMBAT

**07
15** PM | 60 minutes by **ALBERT & ADELINE GOH**
BODYCOMBAT #107

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