

25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## ANG MO KIO MAIN STUDIO

09:00AM - 10:00AM	BODYATTACK	EDWIN CHIAM
10:15AM - 11:15AM	BODYCOMBAT	EDWIN CHIAM
11:30AM - 12:30PM	BODYJAM	JULIAN
12:45PM - 01:45PM	ZUMBA	JULIAN

## MIND & BODY STUDIO

09:00AM - 10:00AM	YIN YOGA	SEAN
10:15AM - 11:15AM	BODYBALANCE	SEAN
11:30AM - 12:30PM	HATHA YOGA	KAIXIN
12:45PM - 01:45PM	PILATES	KAIXIN

\* 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.

25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## BUGIS MAIN STUDIO

10:00AM - 11:00AM

BODYCOMBAT

GAVIN

11:15AM - 12:15PM

BODYPUMP

GAVIN

12:30PM - 01:15PM

LES MILLS TONE

KESTER

01:30PM - 02:30PM

GENTLE FLOW

KESTER

03:00PM - 03:45PM

LES MILLS DANCE

EUGENE

## CLEMENTI MAIN STUDIO

09:00AM - 10:00AM

BODYSTEP

ALWIN YEO

10:15AM - 11:15AM

BODYPUMP

GERALD NG

11:30AM - 12:30PM

YIN YOGA

KELVIN CHAI

12:45PM - 01:45PM

BODYCOMBAT

LIK MING

02:00PM - 02:45PM

LES MILLS DANCE

JOANNE CHUA

\* 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.

25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## 100AM MAIN STUDIO

09:30AM - 10:30AM

BODYPUMP

LEONARD ONG

10:45AM - 11:45AM

BODYCOMBAT

MIU

12:00PM - 01:00PM

BODYJAM

ANGELINA

01:15PM - 02:00PM

LES MILLS DANCE

EUGENE NG

## MIND & BODY STUDIO

10:45AM - 11:45AM

HATHA YOGA

DAVID

12:00PM - 01:00PM

VINYASA YOGA

DAVID

## ONE GEORGE STREET MAIN STUDIO

10:00AM - 11:00AM

STEP (BASIC)

FIONA

11:15AM - 12:15PM

STEP (INTERMEDIATE)

FIONA

03:30PM - 04:30PM

BODYJAM

BEN N.

\* 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.

25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## FUSIONOPOLIS MAIN STUDIO

08:45AM - 09:45AM

BODYPUMP

PRIYA

10:00AM - 11:00AM

BODYCOMBAT

PRIYA

11:15AM - 12:00PM

LES MILLS CORE 45

PRIYA



## MIND & BODY STUDIO

09:00AM - 10:00AM

HATHA YOGA

YJ

10:15AM - 11:15AM

VINYASA YOGA

YJ



## CYCLING STUDIO

10:00AM - 10:45AM

RPM

LENNART

## BOX & BURN ZONE

12:15PM - 01:00PM

NAK MUAY 45

CHERYL



\* 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.

25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## JUNCTION 10 MAIN STUDIO

10:15AM - 11:15AM

BODYPUMP

WYATT

11:30AM - 12:30PM

BODYCOMBAT

WYATT

12:45PM - 01:45PM

BODYBALANCE

ETHAN TONG

## CYCLING STUDIO

09:15AM - 10:00AM

RPM

VON

## PAYA LEBAR MAIN STUDIO

10:00AM - 11:00AM

BODYATTACK

MERVYN

11:15AM - 12:00PM

LES MILLS TONE

MERVYN

12:15PM - 01:15PM

BODYPUMP

CJ TAN & BEN LAI

01:30PM - 02:30PM

BODYCOMBAT

YI RU

02:45PM - 03:45PM

BODYBALANCE

YI RU

\* 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.

25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## MARKET STREET MAIN STUDIO

09:00AM - 10:00AM

CIRCUIT

FERNIE

10:15AM - 11:15AM

BODYPUMP

FERNIE

11:30AM - 12:00PM

GRIT STRENGTH

GLENN

12:15PM - 01:15PM

BODYATTACK

GLENN

01:30PM - 02:00PM

CORE 30

GLENN

## MIND & BODY STUDIO

10:30AM - 11:30AM

HATHA YOGA

SOO LIM

12:00PM - 01:15PM

75MINS YIN YOGA

REGINA

## CYCLING STUDIO

10:15AM - 11:15AM

RPM CHALLENGE

GLENN

\* 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.

25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## PARAGON MAIN STUDIO

09:30AM - 10:30AM

BODYPUMP

LEO

10:45AM - 11:30AM

LES MILLS DANCE

RUITING

12:15PM - 01:00PM

LES MILLS TONE

JANICE

02:00PM - 03:00PM

ZUMBA

MUS

## MIND & BODY STUDIO

09:30AM - 10:30AM

BODYBALANCE

MAREE

10:45AM - 11:45AM

BODYCOMBAT

JANICE

12:00PM - 01:00PM

DYNAMIC FLOW

SANDY

01:15PM - 02:15PM

SOUND FLOW

SANDY

## CYCLING STUDIO

10:45AM - 11:30AM

RPM

KARL

\* 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.

25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## TAMPINES MAIN STUDIO

09:00AM - 10:00AM

BODYPUMP

GRACE LEE

10:15AM - 11:15AM

BODYCOMBAT

GRACE LEE

11:30AM - 12:30PM

ZUMBA

MUS

12:45PM - 01:30PM

LES MILLS DANCE

GEORGE ISHIMURA

## MIND & BODY STUDIO

09:00AM - 10:00AM

ADVANCED FLOW YOGA

IAN FUNG

10:15AM - 11:15AM

GENTLE FLOW YOGA

IAN FUNG

11:30AM - 12:30PM

BODYBALANCE

GEORGE ISHIMURA

## CYCLING STUDIO

11:30AM - 12:15PM

RPM

GRACE LEE

\* 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.





25 DECEMBER 2024

# Christmas SPECIAL CLASSES

## WESTGATE MAIN STUDIO

09:00AM - 10:00AM

BODYCOMBAT

JOYCE LEE

10:15AM - 11:15AM

HATHA YOGA

JOEY KOH

11:30AM - 12:30PM

BODYATTACK

GORDON

12:45PM - 01:45PM

BODYJAM

SHIRLEY

02:00PM - 03:00PM

BODYPUMP

MIU

## CYCLING STUDIO

10:30AM - 11:15AM

RPM

ROBYN

*\* 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.*