

HARI RAYA HAJI SPECIAL CLASSES

★ LESMILLS LAUNCH

100AM		
MAIN STUDIO		
09:30AM - 10:30AM	★ BODYPUMP	RYAN HARYADI
10:45AM - 11:45AM	★ BODYCOMBAT	KENNETH TAN
12:00PM - 12:45PM	★ LES MILLS DANCE	GEORGE
01:00PM - 02:00PM	★ BODYJAM	GEORGE
MIND & BODY STUDIO		
09:30AM - 10:30AM	DYNAMIC FLOW YOGA	IAN FUNG
10:45AM - 11:45AM	YIN YOGA	IAN FUNG

JUNCTION 10		
MAIN STUDIO		
09:00AM - 10:00AM	★ BODYPUMP	KAREL
10:15AM - 11:15AM	★ BODYCOMBAT	KAREL & JESSICA
11:30AM - 12:15PM	★ LES MILLS DANCE	RYAN
12:30PM - 01:30PM	★ BODYJAM	RYAN
01:45PM - 02:45PM	★ BODYATTACK	MERVYN & DONOVAN
CYCLE STUDIO		
11:30AM - 12:30PM	★ RPM 60	PIERRE

ANG MO KIO		
MAIN STUDIO		
09:00AM - 10:00AM	★ BODYPUMP	BHAS
10:15AM - 11:15PM	★ BODYATTACK	BHAS
11:30AM - 12:30PM	★ BODYCOMBAT	BEN TANG
12:45PM - 01:45PM	ZUMBA	AMILIA & JULIAN
02:00PM - 03:00PM	★ BODYPUMP	JULIAN
MIND & BODY STUDIO		
10:15AM - 11:15AM	★ BODYBALANCE	BEN TANG
11:30AM - 12:30PM	GENTLE FLOW YOGA	JULIAN
12:45PM - 01:45PM	PILATES	FELICA TOH
02:00PM - 03:00PM	HATHA YOGA	FELICIA TOH
CYCLE STUDIO		
10:30AM - 11:15AM	★ RPM	CHRISTINA CHIN

FUSIONOPOLIS		
MAIN STUDIO		
09:00AM - 09:45AM	★ LES MILLS TONE	LEONARD ONG
10:00AM - 11:00AM	★ BODYPUMP	LEONARD ONG
11:15AM - 12:15PM	★ BODYCOMBAT	PRIYA
12:30PM - 01:15PM	★ LES MILLS CORE	PRIYA
MIND & BODY STUDIO		
09:00AM - 10:00AM	PILATES	DAVID CHEW
10:15AM - 11:15AM	YIN YOGA	DAVID CHEW
CYCLE STUDIO		
10:00AM - 10:45AM	★ RPM	BENJI

BUGIS		
MAIN STUDIO		
09:15AM - 09:45AM	★ LES MILLS GRIT STRENGTH	ADELINE LU
10:00AM - 11:00AM	★ BODYCOMBAT	ALBERT R
11:15AM - 12:15PM	★ BODYPUMP	ALBERT R
12:30PM - 01:30PM	★ BODYATTACK	BRYAN TAN
01:45PM - 02:30PM	★ LES MILLS DANCE	LOUIS & EUGENE
02:45PM - 03:45PM	★ BODYJAM	JOANNE

PAYA LEBAR		
MAIN STUDIO		
09:30AM - 10:30AM	CORE CONDITIONING	SHERLIN
10:45AM - 11:45AM	GENTLE FLOW YOGA	SHERLIN
12:00PM - 01:00PM	★ BODYCOMBAT	MIU
01:15PM - 02:15PM	★ BODYPUMP	MIU
02:30PM - 03:15PM	★ LES MILLS CORE 45	PRIYA
03:30PM - 04:30PM	★ BODYBALANCE	PRIYA

321 CLEMENTI		
MAIN STUDIO		
09:00AM - 10:00AM	★ BODYJAM	JOANNE
10:15AM - 11:15AM	★ BODYSTEP	JASWIN
11:30AM - 12:30PM	★ BODYPUMP	JIMMY TAN
12:45PM - 01:30PM	HATHA YOGA	JOEY KOH
02:00PM - 03:00PM	★ BODYCOMBAT	JACKY TAN

ONE GEORGE STREET		
MAIN STUDIO		
11:30AM - 12:30PM	★ BODYPUMP	MING FEI
12:40PM - 01:40PM	★ BODYCOMBAT	MING FEI

MARKET STREET		
MAIN STUDIO		
08:45AM - 09:45AM	CIRCUIT	FERNIE
10:00AM - 11:00AM	★ BODYPUMP	ROYSTON
11:15AM - 12:15PM	★ BODYCOMBAT	ROYSTON
12:30PM - 01:00PM	★ LES MILLS GRIT STRENGTH	ADELINE LU
MIND & BODY STUDIO		
10:00AM - 11:00AM	HATHA YOGA	CHRIS LIM
11:15AM - 12:15PM	CORE CONDITIONING	CHRIS LIM
CYCLE STUDIO		
10:00AM - 10:45AM	★ RPM	FERNIE

WESTGATE		
MAIN STUDIO		
09:00AM - 10:00AM	★ BODYBALANCE	JOEY TAY
10:15AM - 11:15AM	★ BODYCOMBAT	YOKE SUN
11:30AM - 12:15PM	★ LES MILLS DANCE	SHAWN NG
12:45PM - 01:45PM	★ BODYPUMP	GRACE LEE
02:00PM - 03:00PM	★ BODYATTACK	JACKY POEA
CYCLING ZONE		
10:30AM - 11:15AM	★ RPM	WESLEY

PARAGON		
MAIN STUDIO		
09:00AM - 10:00AM	★ BODYSTEP	EDWIN
10:15AM - 11:00AM	CIRQHIIT TRANSFORM	JAY
11:30AM - 12:15PM	★ LES MILLS DANCE	EUGENE
12:30PM - 01:30PM	★ BODYJAM	BEN NING
01:45PM - 02:30PM	★ BODYPUMP	ADELINE GOH
MIND & BODY STUDIO		
09:00AM - 10:00AM	★ BODYBALANCE	JOANNA CHUA
10:30AM - 11:45AM	SINGING BOWL WITH STRETCH	SAN
12:30PM - 01:30PM	★ BODYCOMBAT	ADELINE GOH
CYCLE STUDIO		
11:30AM - 12:15PM	★ RPM	CAROL THEN

TAMPINES		
MAIN STUDIO		
09:00AM - 10:00AM	★ BODYATTACK	GLENN THNG
10:15AM - 11:15AM	★ BODYPUMP	GLENN THNG
11:30AM - 12:30PM	★ BODYCOMBAT	JO TAN, FANG & PRISCILLA
12:45PM - 01:45PM	★ BODYCOMBAT	JO TAN, FANG & XIN PING
MIND & BODY STUDIO		
09:00AM - 10:00AM	RESTORATIVE YOGA	AARON H
10:15AM - 11:15AM	VINYASA YOGA	AARON H
11:30AM - 12:30PM	SINGING BOWL	AARON H
CYCLE STUDIO		
11:45AM - 12:30PM	★ RPM	GLENN THNG
FREESTYLE AREA		
09:15AM - 10:00AM	BOOM	JO TAN
10:15AM - 11:00AM	NAK MUAY 45	FANG

*Class schedule correct as at time of publication. For most updated class scheduling and booking of classes please refer to the *Fitness First Asia mobile app* 46 hours before the class timing.