

LUNAR NEW YEAR SPECIAL CLASSES

10 - 12 FEB 2024

100AM		
10 FEBRUARY (SAT)		
MAIN STUDIO		
9.45AM - 10.45AM	BODYPUMP	LEONARD ONG
11.00AM - 12.00PM	BODYCOMBAT	MAY NILO
12.30PM - 1.30PM	BODYPUMP	AARON H
MIND & BODY STUDIO		
9.45AM - 10.45AM	PILATES	MAY NILO
11.00AM - 12.00PM	GENTLE GLOW YOGA	IAN FUNG
11 FEBRUARY (SUN)		
MAIN STUDIO		
10.00AM - 11.00AM	BODYPUMP	GAVIN
11.15AM - 12.15PM	BODYCOMBAT	GAVIN
12.30PM - 1.15PM	SH'BAM	ANITA
1.30PM - 2.30PM	BODYJAM	ANITA
MIND & BODY STUDIO		
10.00AM - 11.00AM	HATHA YOGA	KELVIN CHAI
11.15AM - 12.15PM	YIN YOGA	KELVIN CHAI
12 FEBRUARY (MON)		
MAIN STUDIO		
10.00AM - 11.00AM	BODYPUMP	MINGFEI
11.15AM - 12.15PM	BODYCOMBAT	MINGFEI
12.30PM - 1.30PM	STEP MOVES	FIONA
1.45PM - 2.45PM	BODYCOMBAT	MAY NILO
MIND & BODY STUDIO		
10.00AM - 11.00AM	DYNAMIC FLOW YOGA	IAN FUNG
11.15AM - 12.15PM	GENTLE FLOW YOGA	IAN FUNG
12.30PM - 1.30PM	PILATES	MAY NILO

ANG MO KIO		
10 FEBRUARY (SAT)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYPUMP	CHRISTOPHER SIM
10.15AM - 11.15AM	ZUMBA	MUS
11.30AM - 12.30PM	BODYCOMBAT	EDWIN CHIAM
12.45PM - 1.45PM	BODYPUMP	JULIAN
MIND & BODY STUDIO		
9.00AM - 10.00AM	HATHA YOGA	ALBERT
10.15AM - 11.15AM	GENTLE YOGA	ALBERT
11.30AM - 12.30PM	BODYBALANCE	JULIAN
CYCLE STUDIO		
9.30AM - 10.15AM	RPM	VON
11 FEBRUARY (SUN)		
MAIN STUDIO		
9.00AM - 10.00AM	LES MILLS CORE	BHAS
10.15AM - 11.15AM	CIRCUIT	ALI
11.30AM - 12.30PM	BODYCOMBAT	RYAN LOW/RAY
MIND & BODY STUDIO		
10.15AM - 11.15AM	GENTLE FLOW YOGA	JO LIM
11.30AM - 12.30PM	YOGA STRETCH	JO LIM
12.45PM - 1.45PM	PILATES	FELICIA TOH
12 FEBRUARY (MON)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYPUMP	JULIAN
10.15AM - 11.15AM	STEP MOVES	FIONA
11.30AM - 12.30PM	BODYCOMBAT	KEE / RYAN LOW
12.45PM - 1.45PM	BODYPUMP	CHRISTOPHER SIM
MIND & BODY STUDIO		
10.15AM - 11.15AM	INVERSION YOGA	JO LIM
11.30AM - 12.30PM	YOGA STRETCH	JO LIM
12.45PM - 1.45PM	BODYBALANCE	KEE
CYCLE STUDIO		
11.45AM - 12.30PM	RPM	VON

JUNCTION 10		
10 FEBRUARY (SAT)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYPUMP	KATHERINE
10.15AM - 11.15AM	BODYCOMBAT	KATHERINE
11.30AM - 12.15PM	SH'BAM	RYAN
CYCLE STUDIO		
11.30AM - 12.30PM	RPM 60	VON
11 FEBRUARY (SUN)		
MAIN STUDIO		
9.00AM - 10.00AM	DYNAMIC FLOW YOGA - FAREWELL TO THE RABBIT	CAROLINE
10.15AM - 11.15AM	GENTLE FLOW YOGA - WELCOME TO THE DRAGON	CAROLINE
11.30AM - 12.30PM	BODYPUMP	NICKY
12.45PM - 1.45PM	BODYCOMBAT	NICKY
CYCLE STUDIO		
9.00AM - 10.00AM	RPM 60	WEE BOON
12 FEBRUARY (MON)		
MAIN STUDIO		
9.30AM - 10.15AM	CIRQHIT TRANSFORM	KAREL
10.30AM - 11.30AM	BODYCOMBAT	KAREL
11.45AM - 12.45PM	GENTLE FLOW YOGA	CAROLINE
CYCLE STUDIO		
11.45AM - 12.45PM	RPM 60	SHU TING

MARKET STREET		
10 FEBRUARY (SAT)		
MAIN STUDIO		
10.00AM - 11.00AM	BODYPUMP	MING FEI
11.15AM - 12.15PM	BODYCOMBAT	MING FEI
12.30PM - 1.15PM	LES MILLS TONE	LEONARD ONG
1.30PM - 2.30PM	BODYPUMP	LEONARD ONG
MIND & BODY STUDIO		
12.30PM - 1.45PM	DYNAMIC FLOW	IAN FUNG
CYCLE STUDIO		
9.45AM - 10.45AM	RPM 60	YINSHI
11 FEBRUARY (SUN)		
MAIN STUDIO		
9.15AM - 10.15AM	CIRCUIT	FERNIE
10.30AM - 11.30AM	BODYCOMBAT	MING FEI
11.45AM - 12.45PM	BODYPUMP	MING FEI
1.00PM - 2.00PM	BODYATTACK	RON
MIND & BODY STUDIO		
10.30AM - 11.30AM	BODY BALANCE	SEAN LOW
CYCLE STUDIO		
10.30AM - 11.20AM	RPM	FERNIE
12 FEBRUARY (MON)		
MAIN STUDIO		
9.30AM - 10.30AM	BODYCOMBAT	JANICE YAP
10.45AM - 11.45AM	BODYPUMP	RYAN HARYADI
12.15PM - 1.00PM	SH'BAM	NAILA
1.15PM - 2.15PM	BODYJAM	VIVI KUSUMA & NAILA
MIND & BODY STUDIO		
12.00PM - 1.00PM	BODYBALANCE	VIVI KUSUMA
CYCLE STUDIO		
9.45AM - 10.30AM	RPM	YONG

PARAGON		
10 FEBRUARY (SAT)		
MAIN STUDIO		
10.15AM - 11.15AM	STEP MOVES	FIONA
11.30AM - 12.30PM	BODYPUMP	LOKIE
2.00PM - 3.00PM	BODYPUMP	PRISCILLA
MIND & BODY STUDIO		
9.00AM - 10.00AM	HATHA YOGA	SAN
10.15AM - 11.15AM	SINGING BOWL WITH YIN YOGA	SAN
11.30AM - 12.30PM	BODYATTACK	MERVYN & DONOVAN
12.45PM - 1.45PM	BODYCOMBAT	PRISCILLA
CYCLE STUDIO		
10.15AM - 11.00AM	RPM	JESSICA
11 FEBRUARY (SUN)		
MAIN STUDIO		
10.15AM - 11.15AM	BODYPUMP	BENEDICT
11.30AM - 12.30PM	SH'BAM	RYAN
12.45PM - 1.45PM	BODYJAM	RYAN
MIND & BODY STUDIO		
9.00AM - 10.00AM	BODYCOMBAT	KENNETH
10.15AM - 11.15AM	HATHA YOGA	SANDY
11.30AM - 12.30PM	VINYASA YOGA	SANDY
CYCLE STUDIO		
10.15AM - 11.00AM	RPM	ZHENG YANG
12 FEBRUARY (MON)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYSTEP	GLENN
10.15AM - 11.15AM	BODYPUMP	GLENN
11.30AM - 12.30PM	ZUMBA	CHARLOTTE
MAIN & BODY STUDIO		
9.00AM - 10.00AM	BODYCOMBAT	RACHEL
10.15AM - 11.15AM	BODYBALANCE	RACHEL
11.30AM - 12.30PM	HATHA YOGA	SERENE GOH
CYCLE STUDIO		
11.45AM - 12.30PM	RPM	GLENN

PAYA LEBAR		
10 FEBRUARY (SAT)		
MAIN STUDIO		
10.00AM - 10.30AM	LES MILLS GRIT STRENGTH	SHUYI
10.45AM - 11.30AM	LES MILLS CORE 45	SHUYI
11.45AM - 12.45PM	BODYCOMBAT	YIRU
1.00PM - 2.00PM	BODYPUMP	NICKY
11 FEBRUARY (SUN)		
MAIN STUDIO		
BODYCOMBAT MARATHON		
10.00AM - 11.00AM	LUCKY OR NOT??	WYATT
11.15AM - 12.15PM	龙腾虎跃 · 步步高升	JASPER
12.30PM - 1.30PM	BC 60S TO 70S HUATI!	PRIYA
1.45PM - 2.45PM	ROAR-ING INTO THE DRAGON YEAR	YIRU
12 FEBRUARY (MON)		
MAIN STUDIO		
10.00AM - 11.00AM	BODYPUMP	LINDA
10.15AM - 11.15AM	LES MILLS FLOW YOGA	LINDA
11.30AM - 12.15PM	BODYCOMBAT	LEONARD
1.30PM - 2.15PM	SH'BAM	GEORGE
2.30PM - 3.30PM	BODYJAM	GEORGE

TAMPINES		
10 FEBRUARY (SAT)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYPUMP	AARONH
10.15AM - 11.15AM	BODYCOMBAT	RENU
MIND & BODY STUDIO		
9.00AM - 10.00AM	CORE CONDITIONING	RENU
10.15AM - 11.15AM	SINGING BOWL	AARONH
CYCLING STUDIO		
10.15AM - 11.00AM	RPM	CAROL THEN
FREESTYLE AREA		
11.30AM - 12.15PM	NAK MUAY 45	RENU
11 FEBRUARY (SUN)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYPUMP	PRIYA
10.15AM - 11.15AM	BODYCOMBAT	PRIYA
11.30AM - 12.30PM	BODYSTEP	EDWIN KO
12.45PM - 1.30PM	CIRQHIT TRANSFORM	EDWIN KO
MIND & BODY STUDIO		
9.00AM - 10.00AM	HATHA YOGA	DAVID CHIN
10.15AM - 11.15AM	YOGA CORE	DAVID CHIN
11.30AM - 12.30PM	BODYBALANCE	YIRU
CYCLING STUDIO		
10.15AM - 11.15AM	RPM 60	KARLMAL
FREESTYLE AREA		
11.30AM - 12.15PM	NAK MUAY 45	PRISCILLA
12 FEBRUARY (MON)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYATTACK	ZAKI A
10.15AM - 11.15AM	BODYPUMP	GRACE LEE
11.30AM - 12.30PM	BODYCOMBAT	GRACE LEE
12.45PM - 1.45PM	SH'BAM 60	CLARENCE CHAN
2.00PM - 3.00PM	BODYJAM	CLARENCE CHAN
MIND & BODY STUDIO		
9.00AM - 10.00AM	HATHA YOGA	ALBERT
10.15AM - 11.15AM	YOGA	ALBERT
11.30AM - 12.30PM	PILATES	FELICIA TOH
CYCLING ZONE		
12.45PM - 1.30PM	RPM	GRACE LEE

WESTGATE		
10 FEBRUARY (SAT)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYPUMP	JOYCE LEE
10.15AM - 11.15AM	BODYATTACK	ZAKI
11.30AM - 12.30PM	BODYJAM	SHIRLEY
12.45PM - 1.45PM	BODYCOMBAT	GRACE LEE
2.00PM - 3.00PM	BODYBALANCE	AMY SEOW
CYCLING ZONE		
10:30AM - 11:15AM	RPM	KARL
11 FEBRUARY (SUN)		
MAIN STUDIO		
9.00AM - 10.00AM	ZUMBA	MUS
10.15AM - 11.15AM	BODYCOMBAT	LIK MING
11.30AM - 12.30PM	GENTLE FLOW YOGA	YINGKAI
12.45PM - 1.45PM	BODYPUMP	CHENGYUAN
2.00PM - 3.00PM	BODYSTEP	ALWIN
CYCLING ZONE		
10:30AM - 11:15AM	RPM	GRACE LEE
12 FEBRUARY (MON)		
MAIN STUDIO		
9.00AM - 10.00AM	BODYJAM	WILI
10.15AM - 11.15AM	GENTLE FLOW YOGA	ALISON
11.30AM - 12.30PM	BODYCOMBAT	LIK MING
12.45PM - 1.45PM	PILATES	ALISON
2.00PM - 3.00PM	BODYPUMP	GERALD NG
CYCLING ZONE		
10:30AM - 11:15AM	RPM	KARL

> Book any of the classes on the **Fitness First mobile app** now.