

📍 FF 100AM | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

Wrap yourself in holiday spirit – wear red, green, or both, and bring the festive cheer together!



10:00

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA
IAN



10:15

**MAIN
STUDIO**

45 mins

**CIRCUIT
JAY**



11:15

**MIND
& BODY
STUDIO**

60 mins

**DYNAMIC
FLOW YOGA**
IAN



11:15

**MAIN
STUDIO**

90 mins

**ZUMBA
MUS**



13:00

**MAIN
STUDIO**

45 mins

**LES MILLS
SHAPES**
KELVIN CHAI



14:00

**MIND
& BODY
STUDIO**

60 mins

YIN YOGA
KELVIN CHAI



14:05

**MAIN
STUDIO**

60 mins

BODYPUMP
MINGFEI



15:20

**MAIN
STUDIO**

60 mins

BODYCOMBAT
MINGFEI



*Class schedule correct as at time of publication.

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📍 FF AMK HUB | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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09:00

**MAIN
STUDIO**

60 mins

BODYPUMP
CHRISTOPHER SIM



09:45

**CYCLING
STUDIO**

45 mins

RPM
ALAN TAN



10:15

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**
GEORGE

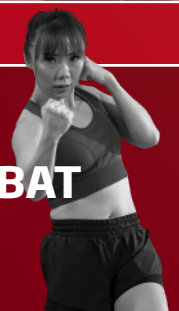


10:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
RYAN LOW



11:30

**MIND
& BODY
STUDIO**

60 mins

**DYNAMIC
FLOW YOGA**
DESMOND ONG



11:30

**MAIN
STUDIO**

45 mins

LES MILLS DANCE
GEORGE



12:30

**MAIN
STUDIO**

60 mins

BODYJAM
GEORGE



12:45

**MIND
& BODY
STUDIO**

60 mins

**SOUND FLOW
PLUS**
DESMOND ONG



14:00

**MIND
& BODY
STUDIO**

60 mins

YIN YOGA
IAN FANG



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📍 FF BUGIS | 25 DECEMBER 2025

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10:00

**MAIN
STUDIO**

60 mins

BODYPUMP

YU YONG



11:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT

NICHOLAS



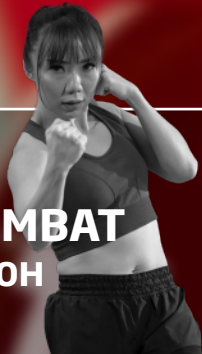
12:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT

ADELINE GOH



13:45

**MAIN
STUDIO**

75 mins

LES MILLS DANCE

EUGENE & NAILA



15:15

**MAIN
STUDIO**

60 mins

BODYJAM

NAILA



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📍 FF FUSIONOPOLIS | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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09:00

**MAIN
STUDIO**

45 mins

LES MILLS DANCE

RYAN ONG



09:00

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA

YJ



09:15

**CYCLING
STUDIO**

45 mins

RPM

LENNART



10:00

**MAIN
STUDIO**

60 mins

BODYJAM

RYAN ONG



10:15

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**

YJ



11:15

**MAIN
STUDIO**

60 mins

BODYPUMP

KELVIN TAY



12:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT

KELVIN TAY



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📍 FF JUNCTION 10 | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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09:15

**CYCLING
STUDIO**

45 mins

RPM

KATHERINE



10:15

**MAIN
STUDIO**

60 mins

BODYPUMP

KATHERINE



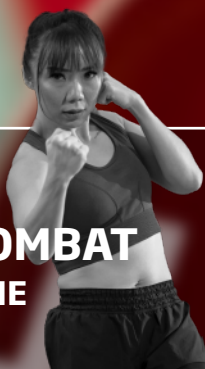
11:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT

KATHERINE



12:45

**MAIN
STUDIO**

60 mins

BODYJAM

JOANNE



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📍 FF ONE GEORGE STREET | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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10:00

**MAIN
STUDIO**

60 mins

STEP MOVES (BASIC)
FIONA



11:10

**MAIN
STUDIO**

60 mins

STEP MOVES (INTERMEDIATE)
FIONA



12:20

**MAIN
STUDIO**

60 mins

CIRCUIT
FERNIE & JAY



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📍 FF ONE RAFFLES QUAY | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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10:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JIMMY TAN



10:00

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**
LESTER



10:15

**CYCLING
STUDIO**

45 mins

RPM
YVONNE SEOW



11:15

**MAIN
STUDIO**

60 mins

BODYPUMP
JIMMY TAN



11:15

**MIND
& BODY
STUDIO**

60 mins

YIN YOGA
YVONNE SEOW



12:30

**MAIN
STUDIO**

60 mins

BODYATTACK
BRYAN TAN



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📍 FF PARAGON | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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09:00

**MAIN
STUDIO**

60 mins

BODYPUMP
GLENN



09:00

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**
SEAN



10:15

**MAIN
STUDIO**

60 mins

BODYSTEP
GLENN



10:15

**MIND
& BODY
STUDIO**

60 mins

BODYBALANCE
AMY



11:30

**MAIN
STUDIO**

60 mins

BODYJAM
AMY



11:30

**MIND
& BODY
STUDIO**

60 mins

BODYCOMBAT
LOUIS QUAH



11:30

**CYCLING
STUDIO**

60 mins

RPM
GLENN & ALAN



12:45

**MAIN
STUDIO**

45 mins

LES MILLS CORE
LOUIS QUAH



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📍 FF PAYA LEBAR | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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10:00

**MAIN
STUDIO**

60 mins

BODYPUMP

BEN LAI



11:15

**MAIN
STUDIO**

45 mins

**LES MILLS
SHAPES**

BEN LAI



12:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT

MINGFEI



13:30

**MAIN
STUDIO**

60 mins

BODYATTACK

MERVYN



14:45

**MAIN
STUDIO**

60 mins

LES MILLS TONE

MERVYN



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📍 FF TAMPINES | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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09:00

**MIND
& BODY
STUDIO**

60 mins

VINYASA YOGA

DAVID



09:15

**MAIN
STUDIO**

45 mins

**CIRQHIIT
TRANSFORM**

EDWIN KO



10:15

**MAIN
STUDIO**

60 mins

BODYSTEP

EDWIN KO



10:15

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**

DAVID



11:30

**MAIN
STUDIO**

60 mins

BODYPUMP

RENU



11:30

**MIND
& BODY
STUDIO**

45 mins

**LES MILLS
PILATES**

EDWIN KO



11:30

**CYCLING
STUDIO**

60 mins

RPM

KARLMAL



12:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT

RENU



14:00

**MAIN
STUDIO**

60 mins

BODYJAM

RYAN



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📍 FF WESTGATE | 25 DECEMBER 2025

CHRISTMAS SPECIAL CLASSES

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09:00

**MAIN
STUDIO**

60 mins

BODYPUMP

BENJI



10:15

**MAIN
STUDIO**

45 mins

LES MILLS DANCE

CLARENCE



10:30

**CYCLING
STUDIO**

45 mins

RPM

SHARIFAH



11:15

**MAIN
STUDIO**

60 mins

BODYBALANCE

BENJI



12:30

**MAIN
STUDIO**

45 mins

**LES MILLS
SHAPES**

ROBYN



13:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT

JOYCE LEE



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