

TRICK, TREATS & SQUID FEATS

Join us for some fun and fright at Fitness First Paragon's Halloween Special! Only the fittest make it out alive.

Thursday, 30 Oct 2025

Mind & Body Studio | Squid Gains: Cardio 90 Arena

6:00pm - 7:30pm	Squid Game Combat Attack - BODYCOMBAT + BODYATTACK (Lewis & Mervyn)
7:45pm - 9:15pm	Boogie Burn Masquerade - Les Mills Dance + BODYJAM (Joanne & Ryan)

Cycling Studio | Squid Gains: Glow Arena

6:30pm - 7:15pm	Glow Squad - RPM (Yinshi)
7:40pm - 8:10pm	Glowy Night Ride - RPM (Alan Tan)

Exclusive Club Activities

4:30pm - 8:00pm	K-Fright Game (Traditional Korean Games)
4:30pm - 8:00pm	Cards of Destiny (Tarot Card Reading)
6:00pm - 9:00pm	PRGN Squid Games (Fitness Challenge)

Friday, 31 Oct 2025

Mind & Body Studio | Squid Gains: Core Arena

9:15am - 10:15am	Red Light Core Tight - BODYCOMBAT (Fang)
10:30am - 11:30am	Squid Core Challenge - Core Flow Yoga (Serena)
12:15pm - 1:15pm	Core Survival - Pilates (Alvan)

Exclusive Club Activities

10:00am - 12:00pm	PRGN Squid Games (Fitness Challenge)
11:00am - 2:00pm	K-Fright Games (Traditional Korean Games)
4:30pm - 8:00pm	Cards of Destiny (Tarot Card Reading)

