

📍 FF 100AM

HARI RAYA HAJI SPECIAL CLASS

Exclusively on 7 June 2025

Celebrate Hari Raya Haji with a special wellness class designed to restore your body and mind.

10:00

MAIN
STUDIO

60 mins

BODYPUMP
GAVIN



10:30

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
IAN FUNG



11:15

MAIN
STUDIO

60 mins

BODYCOMBAT
GAVIN

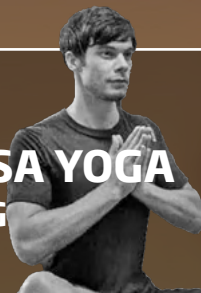


11:45

MIND
& BODY
STUDIO

60 mins

VINYASA YOGA
IAN FUNG



12:30

MAIN
STUDIO

60 mins

BODYJAM
VIVI KUSUMA



13:45

MIND
& BODY
STUDIO

60 mins

YIN YOGA
With Myofascial Release
VIVI KUSUMA



13:45

MAIN
STUDIO

60 mins

BODYPUMP
MINGFEI



15:00

MAIN
STUDIO

60 mins

BODYCOMBAT
MINGFEI



*Class schedule correct as at time of publication.
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Special Wellness Class

📍 FF AMK HUB

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09:00

MAIN
STUDIO

60 mins

BODYATTACK
JASALIN

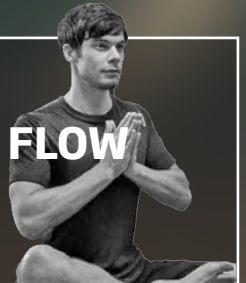


09:00

MIND
& BODY
STUDIO

60 mins

**GENTLE FLOW
YOGA**
JULIAN



10:15

MAIN
STUDIO

60 mins

BODYCOMBAT
RYAN LOW



10:15

MIND
& BODY
STUDIO

60 mins

BODYBALANCE
JULIAN



10:30

CYCLING
STUDIO

45 mins

RPM
VIVIEN



11:30

MAIN
STUDIO

45 mins

BODYPUMP
JULIAN



11:30

MIND
& BODY
STUDIO

45 mins

VINYASA YOGA
DESMOND ONG



12:45

MAIN
STUDIO

60 mins

ZUMBA
AMILIA

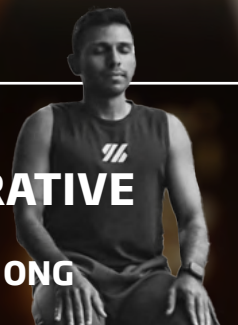


12:45

MIND
& BODY
STUDIO

60 mins

**RESTORATIVE
YOGA**
DESMOND ONG



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📍 FF BUGIS | 7 JUNE 2025

HARI RAYA HAJI SPECIAL CLASS

10:10

MAIN
STUDIO

60 mins

BODYPUMP
ROYSTON



11:20

MAIN
STUDIO

30 mins

**LES MILLS
GRIT STRENGTH**
BRYAN



12:00

MAIN
STUDIO

60 mins

BODYPUMP
CHENGYUAN



13:15

MAIN
STUDIO

45 mins

LES MILLS CORE
SHU YI



14:15

MAIN
STUDIO

60 mins

BODYCOMBAT
NATALIE



15:30

MAIN
STUDIO

50 mins

LES MILLS DANCE
NATALIE



16:30

MAIN
STUDIO

60 mins

BODYJAM
TAUFIQ



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📍 FF FUSIONOPOLIS

HARI RAYA HAJI SPECIAL CLASS

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08:30

MAIN
STUDIO

60 mins

BODYPUMP
YINSHI



09:40

MIND
& BODY
STUDIO

60 mins

YOGA CORE
CHRIS LIM



09:45

MAIN
STUDIO

60 mins

BODYCOMBAT
KENNY LYE



10:00

CYCLING
STUDIO

60 mins

RPM
YINSHI



10:50

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
Balance
CHRIS LIM



11:00

MAIN
STUDIO

60 mins

BODYPUMP
ALBERT S



11:00

BOX &
BURN
ZONE

45 mins

BOOM
CHERYL



12:00

BOX &
BURN
ZONE

45 mins

NAK MUAY
CHERYL



12:15

MAIN
STUDIO

60 mins

BODYCOMBAT
ALBERT S



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📍 FF JUNCTION 10 | 7 JUNE 2025

HARI RAYA HAJI SPECIAL CLASS

09:00

MAIN
STUDIO

60 mins

BODYPUMP

LIVIA



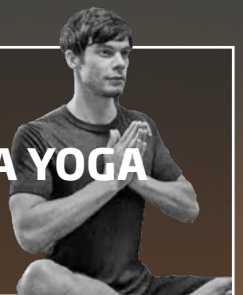
10:10

MAIN
STUDIO

60 mins

VINYASA YOGA

CAROLINE



11:20

MAIN
STUDIO

60 mins

**GENTLE
FLOW YOGA**

CAROLINE



12:30

MAIN
STUDIO

60 mins

BODYSTEP

BRIAN TEO



13:40

MAIN
STUDIO

60 mins

BODYPUMP

LENNART



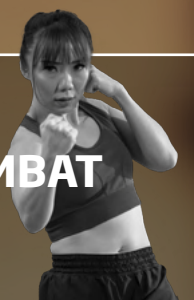
14:50

MAIN
STUDIO

60 mins

BODYCOMBAT

TOSHIE



12:15

CYCLING
STUDIO

60 mins

RPM

RANDY



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📍 FF MARKET STREET

HARI RAYA HAJI SPECIAL CLASS

Exclusively on 7 June 2025

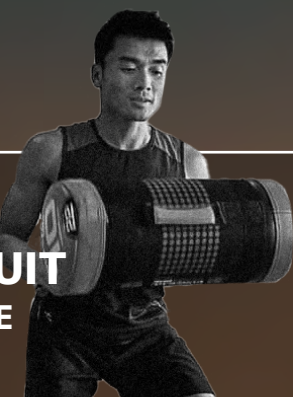
Celebrate Hari Raya Haji with a special wellness class designed to restore your body and mind.

09:00

MAIN
STUDIO

60 mins

CIRCUIT
FERNIE



09:00

MIND
& BODY
STUDIO

60 mins

GENTLE FLOW
Move Mindfully
IAN FUNG



10:15

MAIN
STUDIO

60 mins

BODYPUMP
JO TAN



10:45

CYCLING
STUDIO

45 mins

RPM
BENJI

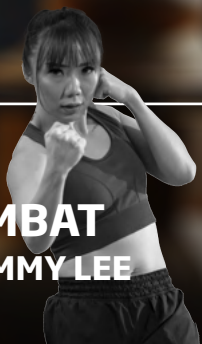


11:30

MAIN
STUDIO

60 mins

BODYCOMBAT
JUNWEI & JIMMY LEE



11:30

THE
VAULT

45 mins

BOOM
JO TAN



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Special Wellness Class

📍 FF ONE GEORGE STREET | 7 JUNE 2025

HARI RAYA HAJI SPECIAL CLASS

10:00

**MAIN
STUDIO**

60 mins

**STEP LEVEL 1
FIONA**



11:15

**MAIN
STUDIO**

60 mins

**STEP LEVEL 2
FIONA**



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📍 FF PARAGON

HARI RAYA HAJI SPECIAL CLASS

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09:00

MAIN
STUDIO

45 mins
**CIRQHIIT
TRANSFORM**
BRYAN



09:00

MIND
& BODY
STUDIO

60 mins
BODYCOMBAT
RAY



10:15

MAIN
STUDIO

60 mins
BODYPUMP
SU MAY



10:15

MIND
& BODY
STUDIO

60 mins
HATHA YOGA
HENRY



10:30

CYCLING
STUDIO

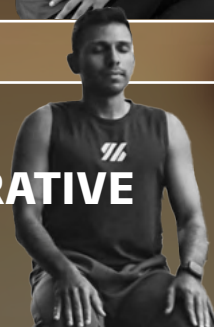
45 mins
RPM
YONG



11:30

MIND
& BODY
STUDIO

60 mins
**RESTORATIVE
YOGA**
HENRY



11:30

MAIN
STUDIO

60 mins
DANCE MOVES
CHARLOTTE



12:45

MAIN
STUDIO

60 mins
ZUMBA
CHARLOTTE



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Special Wellness Class

📍 FF PAYA LEBAR | 7 JUNE 2025

HARI RAYA HAJI SPECIAL CLASS

10:15

MAIN
STUDIO

60 mins

BODYPUMP
CJ



11:30

MAIN
STUDIO

45 mins

LES MILLS CORE
CJ



12:30

MAIN
STUDIO

60 mins

BODYCOMBAT
YI RU



13:45

MAIN
STUDIO

60 mins

BODYATTACK
MERVYN & DONOVAN

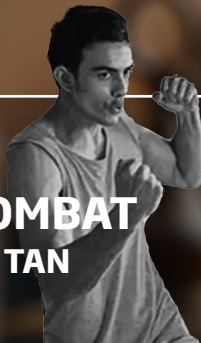


15:00

MAIN
STUDIO

60 mins

BODYCOMBAT
KENNETH TAN



15:00

FREESTYLE
AREA

45 mins

**HYROX
COMPLETE**
HAFIZ AHMAD

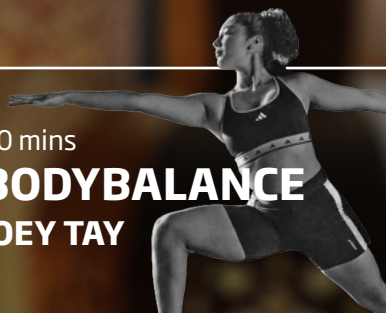


16:15

MAIN
STUDIO

60 mins

BODYBALANCE
JOEY TAY



17:30

MAIN
STUDIO

60 mins

BODYPUMP
JOJO



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📍 FF TAMPINES

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09:00

MAIN
STUDIO

60 mins

BODYATTACK
GLENN



09:00

MIND
& BODY
STUDIO

60 mins

**SOUND FLOW
PLUS**
SHERLIN



10:15

MAIN
STUDIO

60 mins

BODYPUMP
GLENN



10:15

MIND
& BODY
STUDIO

60 mins

SOUND FLOW
SHERLIN

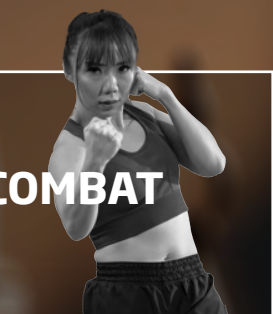


11:30

MAIN
STUDIO

60 mins

BODYCOMBAT
KAREL



11:30

MIND
& BODY
STUDIO

60 mins

BODYBALANCE
AMY SEOW



11:30

CYCLING
STUDIO

45 mins

RPM
GLENN



12:45

MAIN
STUDIO

60 mins

STEP MOVES
AMY SEOW



14:00

MAIN
STUDIO

60 mins

BODYJAM
AMY SEOW



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📍 FF WESTGATE | 7 JUNE 2025

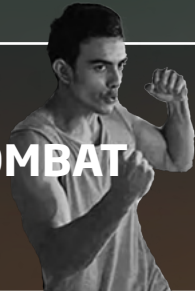
HARI RAYA HAJI SPECIAL CLASS

09:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JANICE



10:15

**MAIN
STUDIO**

60 mins

BODYJAM
JASPER ZENG



10:30

**CYCLING
STUDIO**

45 mins

RPM
JANICE



11:30

**MAIN
STUDIO**

45 mins

BODYSTEP
CECILIA



12:45

**MAIN
STUDIO**

60 mins

BODYBALANCE
JOEY TAY



14:00

**MAIN
STUDIO**

60 mins

BODYPUMP
GERALD NG



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