

📍 FF 100AM | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

This Labour Day, get race-ready
with more **HYROX Classes**

10:00

**MAIN
STUDIO**

60 mins

BODYATTACK
ZAKI

10:00

**MIND
& BODY
STUDIO**

60 mins

**CORE
CONDITIONING**
CHRISTOPHER LIM

11:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JUNWEI

11:15

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA
CHRISTOPHER LIM

12:15

**FREESTYLE
AREA**

45 mins

HYROX POWER
AMIR

12:30

**MIND
& BODY
STUDIO**

60 mins

**GENTLE FLOW
YOGA**
CHRISTOPHER LIM

12:30

**MAIN
STUDIO**

60 mins

BODYPUMP
ROYSTON

13:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT
ROYSTON

17:15

**FREESTYLE
AREA**

45 mins

**HYROX
FOUNDATIONAL**
MICH

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📍 FF AMK HUB | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

This Labour Day, get race-ready
with more **HYROX Classes**

09:00

**MAIN
STUDIO**

60 mins

BODYATTACK
GLENN

09:00

**MIND
& BODY
STUDIO**

60 mins

**GENTLE FLOW
YOGA**
GEORGE

10:15

**MAIN
STUDIO**

60 mins

BODYSTEP
GLENN

10:15

**MIND
& BODY
STUDIO**

60 mins

BODYBALANCE
GEORGE

10:30

**FREESTYLE
AREA**

45 mins

**HYROX
FOUNDATIONAL**
MALCOM

11:30

**MIND
& BODY
STUDIO**

60 mins

VINYASA YOGA
DESMOND ONG

11:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT
RYAN LOW

11:30

**CYCLING
STUDIO**

45 mins

RPM
GLENN

12:00

**FREESTYLE
AREA**

45 mins

HYROX POWER
MALCOM

12:45

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA
DESMOND ONG

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📍 FF BUGIS | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

This Labour Day, get race-ready with more **HYROX Classes**

10:00

MAIN
STUDIO

45 mins
**CIRQHIIT
TRANSFORM**
JO TAN



11:00

MAIN
STUDIO

60 mins
BODYCOMBAT
JO TAN



12:00

FREESTYLE
AREA

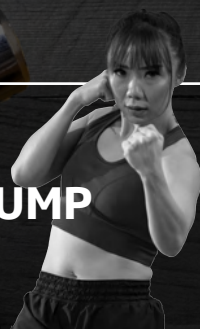
45 mins
HYROX ENGINE
PING HOE



12:15

MAIN
STUDIO

60 mins
BODYPUMP
SHUMIN



13:00

FREESTYLE
AREA

45 mins
HYROX ENGINE
ALVIN



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📍 FF JUNCTION 10 | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

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09:00

**MAIN
STUDIO**

60 mins

BODYPUMP
JASMIN



10:00

**FREESTYLE
AREA**

45 mins

**HYROX
COMPLETE**
TERESA



10:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JASMIN



10:15

**CYCLING
STUDIO**

60 mins

RPM 60
SHU TING



11:30

**MAIN
STUDIO**

60 mins

BODYJAM
JOANNE CHUA



12:00

**FREESTYLE
AREA**

45 mins

**HYROX
COMPLETE**
SYAZ



12:45

**MAIN
STUDIO**

60 mins

BODYBALANCE
ETHAN TONG



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📍 FF FUSIONOPOLIS | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

This Labour Day, get race-ready with more **HYROX Classes**

08:45

**MAIN
STUDIO**

60 mins

BODYPUMP
NICKY



09:00

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA
DAVID CHIN



10:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT
NICKY



10:15

**MIND
& BODY
STUDIO**

60 mins

VINYASA YOGA
DAVID CHIN



10:15

**BOX &
BURN ZONE**

45 mins

HYROX ENGINE
KELVIN ONG



11:15

**MAIN
STUDIO**

60 mins

**CORE
CONDITIONING**
DESIREE



12:15

**BOX &
BURN ZONE**

45 mins

HYROX POWER
GRETCHEN



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📍 FF MARKET STREET | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

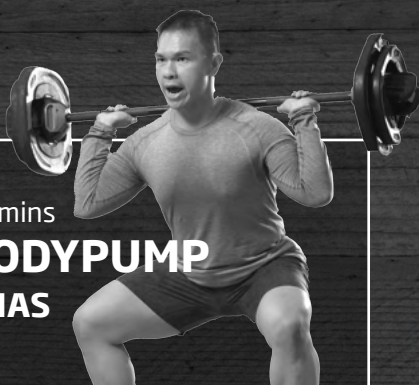
This Labour Day, get race-ready with more **HYROX Classes**

09:00

**MAIN
STUDIO**

60 mins

BODYPUMP
BHAS



09:00

**CYCLING
STUDIO**

45 mins

RPM
CAROL THEN



10:10

**MAIN
STUDIO**

60 mins

BODYATTACK
BHAS



10:30

**FREESTYLE
AREA**

45 mins

HYROX POWER
KESTER



11:20

**MAIN
STUDIO**

45 mins

LES MILLS CORE
BHAS



11:45

**FREESTYLE
AREA**

45 mins

HYROX ENGINE
KESTER



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📍 FF ONE GEORGE STREET | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

This Labour Day, get race-ready with more **HYROX Classes**

09:30

**MAIN
STUDIO**

45 mins

CIRCUIT

YEOH

10:30

**MAIN
STUDIO**

60 mins

BODYPUMP

YEOH

10:30

**FREESTYLE
AREA**

45 mins

HYROX ENGINE

BOON KEE

11:45

**MAIN
STUDIO**

45 mins

BODYCOMBAT

YEOH

16:30

**FREESTYLE
AREA**

45 mins

HYROX POWER

BOON KEE

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📍 FF PARAGON | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

This Labour Day, get race-ready
with more **HYROX Classes**

09:00

**MAIN
STUDIO**

60 mins

STEP MOVES

FIONA



09:00

**MIND
& BODY
STUDIO**

60 mins

BODYCOMBAT

LEWIS



10:15

**MAIN
STUDIO**

45 mins

LES MILLS DANCE

RYAN



10:15

**MIND
& BODY
STUDIO**

60 mins

GENTLE FLOW

SHERLIN



10:15

**FREESTYLE
AREA**

45 mins

**HYROX
FOUNDATIONAL**

GARY



11:15

**MAIN
STUDIO**

60 mins

BODYJAM

RYAN



11:30

**MIND
& BODY
STUDIO**

60 mins

DYNAMIC FLOW

SHERLIN



11:30

**CYCLING
STUDIO**

45 mins

RPM

SHARIFAH



12:30

**MAIN
STUDIO**

60 mins

BODYPUMP

GERALD NG



13:00

**FREESTYLE
AREA**

60 mins

HYROX ENGINE

YI LONG



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📍 FF PAYA LEBAR | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

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09:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT
LIK MING



10:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
ADELINE GOH



11:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT
AGUS



12:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT
MIU



14:00

**FREESTYLE
AREA**

45 mins

**HYROX
COMPLETE**
HAFIZ AHMAD



17:00

**FREESTYLE
AREA**

45 mins

**HYROX
COMPLETE**
HAFIZ AHMAD



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📍 FF TAMPINES | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

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with more **HYROX Classes**

09:00

MAIN
STUDIO

60 mins

BODYATTACK
KENNY LOH

09:00

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
HENRY

09:00

FREESTYLE
AREA

45 mins

HYROX ENGINE
NAZREE

10:15

MIND
& BODY
STUDIO

60 mins

YIN YOGA
HENRY

10:30

MAIN
STUDIO

45 mins

**CIRQHIIT
TRANSFORM**
FANG

11:30

MAIN
STUDIO

60 mins

BODYCOMBAT
FANG

11:30

MIND
& BODY
STUDIO

60 mins

**RESTORATIVE
YOGA**
HENRY

11:30

CYCLING
STUDIO

45 mins

RPM
JESSICA LEE

12:45

MAIN
STUDIO

60 mins

ZUMBA
MIYA

12:45

FREESTYLE
AREA

45 mins

**HYROX
FOUNDATIONAL**
FREDDY

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📍 FF WESTGATE | 1 MAY 2025

LABOUR DAY SPECIAL CLASS

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with more **HYROX Classes**

09:00

**MAIN
STUDIO**

60 mins

HATHA YOGA

JOEY KOH



09:00

**SWIMMING
POOL**

45 mins

H2O HIIT

JOJO



10:00

**FREESTYLE
AREA**

45 mins

HYROX POWER

EMIL



10:15

**MAIN
STUDIO**

60 mins

BODYPUMP

JOJO



10:30

**CYCLING
STUDIO**

45 mins

RPM

KATHERINE



11:30

**MAIN
STUDIO**

60 mins

BODYATTACK

GORDON



12:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT

KATHERINE



14:00

**MAIN
STUDIO**

45 mins

BODYJAM

ANGELINA



14:00

**FREESTYLE
AREA**

45 mins

HYROX ENGINE

SHAWN



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