

📍 FF 100AM | 9 AUGUST 2025

NATIONAL DAY SPECIAL CLASS

Exclusively on
9 August 2025

It's Singapore's big day – wear red, bring the energy, and let's sweat like never before!

10:00

MAIN
STUDIO

60 mins

BODYPUMP
ROYSTON



10:00

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
DAVID



11:15

MAIN
STUDIO

60 mins

BODYCOMBAT
ROYSTON



11:15

MIND
& BODY
STUDIO

60 mins

VINYASA YOGA
DAVID



12:30

MAIN
STUDIO

60 mins

BODYJAM
ANGELINA



12:30

MIND
& BODY
STUDIO

60 mins

PILATES
KAI XIN



13:45

MAIN
STUDIO

60 mins

BODYPUMP
MING FEI



13:45

MIND
& BODY
STUDIO

60 mins

YIN YOGA
KAI XIN



15:00

MAIN
STUDIO

60 mins

BODYCOMBAT
MING FEI



Special Class
Come in **RED**

*Class schedule correct as at time of publication.
For most updated class schedule and booking of
classes please refer to the Fitness First SEA mobile app.

📍 FF AMK HUB | 9 AUGUST 2025

NATIONAL DAY SPECIAL CLASS

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08:45

**MAIN
STUDIO**

60 mins

STEP MOVES

FIONA



10:00

**MAIN
STUDIO**

60 mins

BODYPUMP

GAGE



10:00

**MIND
& BODY
STUDIO**

45 mins

**CORE FLOW
YOGA**

DESMOND ONG



11:15

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**

DESMOND ONG



11:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT

RYAN LOW



12:30

**MAIN
STUDIO**

60 mins

BODYJAM

JULIAN



12:30

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA

JO LIM



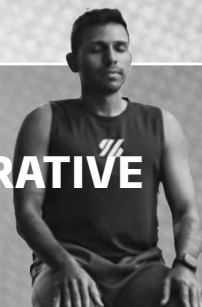
13:45

**MIND
& BODY
STUDIO**

60 mins

**RESTORATIVE
YOGA**

JO LIM



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Special Class
Come in **RED**

📍 FF BUGIS | AUGUST 2025

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10:00

**MAIN
STUDIO**

60 mins

BODYPUMP
CARRICK



11:15

**MAIN
STUDIO**

30 mins

**LES MILLS
GRIT STRENGTH**
BRYAN



12:00

**MAIN
STUDIO**

45 mins

LES MILLS CORE
SHUYI



13:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT
NATALIE



14:15

**MAIN
STUDIO**

45 mins

LES MILLS DANCE
NATALIE



15:00

**FREESTYLE
AREA**

60 mins

**HYROX
FOUNDATIONAL**
PING HOE



15:15

**MAIN
STUDIO**

60 mins

BODYJAM
TAUFIQ



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9 FF FUSIONOPOLIS | 9 AUGUST 2025

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08:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT
LIK MING



09:00

**CYCLING
STUDIO**

45 mins

RPM
YINSHI



10:00

**MAIN
STUDIO**

60 mins

BODYPUMP
YUYONG



10:10

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**
CHOKY



11:00

**BOX &
BURN
ZONE**

45 mins

BOOM
CHERYL

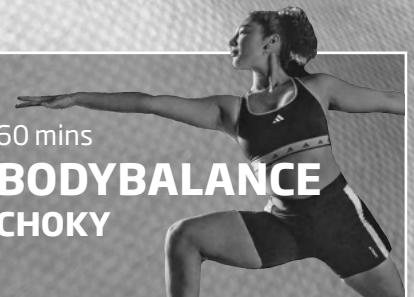


11:15

**MIND
& BODY
STUDIO**

60 mins

BODYBALANCE
CHOKY



11:15

**MAIN
STUDIO**

45 mins

LES MILLS DANCE
RYAN ONG



12:00

**BOX &
BURN
ZONE**

45 mins

NAK MUAY
CHERYL



12:15

**MAIN
STUDIO**

60 mins

BODYJAM
RYAN ONG



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📍 FF JUNCTION 10 | 9 AUGUST 2025

NATIONAL DAY SPECIAL CLASS

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10:00

**MAIN
STUDIO**

60 mins

BODYPUMP

LIVIA



11:15

**MAIN
STUDIO**

60 mins

VINYASA YOGA

YUAN JING



12:15

**CYCLING
STUDIO**

60 mins

RPM

RANDY



12:30

**MAIN
STUDIO**

60 mins

BODYSTEP

BRIAN



13:40

**MAIN
STUDIO**

60 mins

BODYPUMP

LENNART



14:50

**MAIN
STUDIO**

60 mins

BODYCOMBAT

TOSHIE



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Special Class
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📍 FF MARKET STREET | 9 AUGUST 2025

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09:00

**MAIN
STUDIO**

45 mins

BODYATTACK
RON



10:00

**MAIN
STUDIO**

60 mins

BODYPUMP
RYAN H.



10:15

**CYCLING
STUDIO**

45 mins

RPM
YEOH



11:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JASPER



12:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT
KENNY



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Special Class
Come in **RED**

📍 FF ONE GEORGE STREET | 9 AUGUST 2025

NATIONAL DAY SPECIAL CLASS

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09:00

MAIN
STUDIO

45 mins

CIRCUIT
YEOH



10:00

MAIN
STUDIO

60 mins

BODYPUMP
MING FEI



11:15

MAIN
STUDIO

60 mins

BODYCOMBAT
MING FEI



12:30

MAIN
STUDIO

60 mins

**STEP MOVES
LEVEL 2**
FIONA



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Special Class
Come in **RED**

📍 FF PARAGON | 9 AUGUST 2025

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09:00

**MIND
& BODY
STUDIO**

60 mins

**DYNAMIC
FLOW YOGA**
IAN FUNG



09:00

**MAIN
STUDIO**

60 mins

RPM
SG60 Special
ALAN TAN & GLENN



10:00

**MAIN
STUDIO**

60 mins

BODYPUMP
SU MAY & SHUMIN



10:15

**CYCLING
STUDIO**

45 mins

RPM
ALAN TAN & GLENN



10:15

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**
IAN FUNG



11:30

**MAIN
STUDIO**

30 mins

**LES MILLS
GRIT STRENGTH**
GLENN



11:30

**MIND
& BODY
STUDIO**

60 mins

BODYCOMBAT
PRISCILLA



12:05

**MAIN
STUDIO**

30 mins

LES MILLS CORE
GLENN



12:45

**MAIN
STUDIO**

60 mins

KPOPX DANCE
ANGELYN



Special Class
Come in **RED**

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📍 FF PAYA LEBAR | 9 AUGUST 2025

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10:00

**MAIN
STUDIO**

60 mins

BODYPUMP

TING WEI



11:15

**MAIN
STUDIO**

45 mins

LES MILLS CORE

LOUIS QUAH



12:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT

YI RU



13:30

**MAIN
STUDIO**

60 mins

BODYATTACK

MERVYN



14:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT

KENNETH



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Special Class
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📍 FF TAMPINES | 9 AUGUST 2025

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08:45

**MIND
& BODY
STUDIO**

60 mins

POWER YOGA
AARON H



09:00

**MAIN
STUDIO**

45 mins

BODYATTACK
ALBERT WENAZH



10:00

**MIND
& BODY
STUDIO**

75 mins

YIN YOGA
AARON H

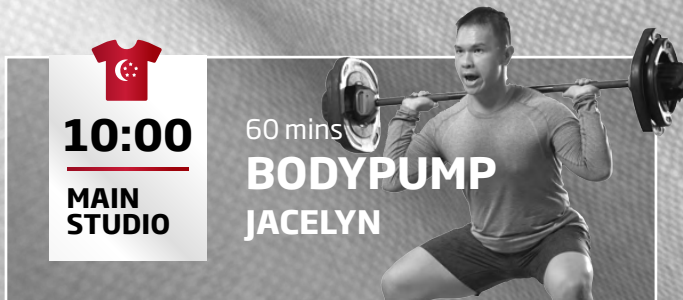


10:00

**MAIN
STUDIO**

60 mins

BODYPUMP
JACELYN



11:30

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**
GEORGE



11:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JUNWEI



11:30

**CYCLING
STUDIO**

45 mins

RPM
JIA YEAN



12:45

**MAIN
STUDIO**

60 mins

DANCE MOVES
GEORGE



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📍 FF WESTGATE | 9 AUGUST 2025

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09:00

**MAIN
STUDIO**

45 mins

LES MILLS DANCE

RYAN ONG

10:00

**MAIN
STUDIO**

60 mins

BODYPUMP

CHENG YUAN

11:00

**CYCLING
STUDIO**

45 mins

RPM

GRACE LEE

11:15

**MAIN
STUDIO**

60 mins

BODYATTACK

GORDON

12:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT

GRACE LEE

13:45

**MAIN
STUDIO**

60 mins

**DYNAMIC
FLOW YOGA**

CINDY TAN

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