

1 JANUARY

START YOUR 2025 WITH NEW YEAR SPECIAL CLASSES

100AM

MAIN STUDIO

10:00AM - 10:45AM	CIRQHIIT TRANSFORM	JO TAN
11:00AM - 12:00PM	BODYCOMBAT	JO TAN
12:15PM - 01:15PM	BODYJAM	VIVI KUSUMA
01:30PM - 02:30PM	BODYPUMP	PRIYA
02:45PM - 03:45PM	BODYCOMBAT	PRIYA

MIND & BODY STUDIO

10:00AM - 11:00AM	HATHA YOGA	CHRISTOPHER LIM
11:15AM - 12:15PM	DYNAMIC FLOW YOGA	CHRISTOPHER LIM
01:30PM - 02:30PM	YIN YOGA	VIVI KUSUMA

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

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ANG MO KIO MAIN STUDIO

09:00AM - 10:00AM	BODYCOMBAT	EDWIN CHIAM
10:15AM - 11:15AM	BODYPUMP	JULIAN
11:30AM - 12:30PM	BODYJAM	GEORGE
12:45PM - 01:30PM	LES MILLS DANCE	GEORGE
01:45PM - 02:45PM	STEP MOVES	FIONA KWAN

MIND & BODY STUDIO

09:00AM - 10:00AM	FITBALL	JULIAN
10:15AM - 11:15AM	GENTLE FLOW YOGA	GEORGE
11:30AM - 12:30PM	BODYBALANCE	SEAN
12:45PM - 01:45PM	YIN YOGA	SEAN

CYCLING STUDIO

11:00AM - 11:45AM	RPM	ALAN YAP
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BUGIS

MAIN STUDIO

11:00AM - 11:45AM	LES MILLS CORE	SHUYI
12:00PM - 01:00PM	BODYCOMBAT	ADELINE GOH
01:15PM - 02:15PM	BODYCOMBAT	MIU
02:30PM - 03:30PM	BODYPUMP	MIU

PAYA LEBAR

MAIN STUDIO

10:00AM - 11:00AM	BODYCOMBAT	PRISCILLA
11:15AM - 12:15PM	BODYPUMP	PRISCILLA
12:30PM - 01:15PM	LES MILLS TONE	BENJAMIN LAI
01:30PM - 02:15PM	LES MILLS DANCE	EUGENE
02:30PM - 03:30PM	CIRCUIT	FERNIE

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CLEMENTI MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	JIMMY TAN
10:15AM - 11:15AM	BODYATTACK	ERIC TIO
11:30AM - 12:30PM	BODYCOMBAT	LIK MING
12:45PM - 01:45PM	HATHA YOGA	SHERLIN
02:00PM - 03:00PM	SINGING BOWL	SHERLIN

JUNCTION 10 MAIN STUDIO

10:15AM - 11:15AM	BODYCOMBAT	JESSICA
11:30AM - 12:15PM	LES MILLS DANCE	EUGENE
12:30PM - 01:30PM	BODYPUMP	JOYCE

CYCLING STUDIO

09:15AM - 10:00AM	RPM	SHUTING
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FUSIONOPOLIS

MAIN STUDIO

08:45AM - 09:45AM

BODYPUMP

BENJAMIN LAI

10:00AM - 10:45AM

LES MILLS TONE

BENJAMIN LAI

11:00AM - 12:00PM

BODYCOMBAT

WYATT

12:15PM - 01:00PM

BODYPUMP 45

WYATT

MIND & BODY STUDIO

09:00AM - 10:00AM

BODYBALANCE

CHOKY

10:15AM - 11:15AM

GENTLE FLOW YOGA

CHOKY

CYCLING STUDIO

10:00AM - 10:45AM

RPM

WEE BOON

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MARKET STREET

MAIN STUDIO

09:00AM - 10:00AM

CIRCUIT

FERNIE

10:15AM - 11:15AM

BODYCOMBAT

JUNWEI & MIU

11:30AM - 12:30PM

BODYATTACK

DANIEL

MIND & BODY STUDIO

10:30AM - 11:30AM

HATHA YOGA

SOO LIM

12:00PM - 01:15PM

75MINS YIN YOGA

REGINA

CYCLING STUDIO

10:15AM - 11:00AM

RPM

FERNIE

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PARAGON MAIN STUDIO

09:30AM - 10:00AM

GRIT STRENGTH

SHU YI

10:15AM - 11:15AM

BODYPUMP

GLENN

11:30AM - 12:15PM

LES MILLS DANCE

NAT

12:45PM - 02:00PM

BODYSTEP

GLENN

MIND & BODY STUDIO

10:15AM - 11:15AM

BODYBALANCE

HALEY

11:30AM - 12:30PM

GENTLE FLOW

HALEY

12:45PM - 01:45PM

BODYCOMBAT

NAT

CYCLING STUDIO

11:30AM - 12:30PM

RPM CHALLENGE

GLENN & ALAN TAN

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ONE GEORGE STREET MAIN STUDIO

03:00PM - 04:00PM

BODYJAM

BEN N.

04:15PM - 05:15PM

LES MILLS DANCE

EUGENE

WESTGATE MAIN STUDIO

09:00AM - 10:00AM

BODYJAM

ANGELINA

10:15AM - 11:15AM

BODYPUMP

ROBYN

11:30AM - 12:30PM

BODYSTEP

BRIAN

12:45PM - 01:45PM

BODYCOMBAT
BLAST FROM THE PAST BODYCOMBAT

JUN WEI

02:00PM - 03:00PM

PILATES

ALISON

CYCLING STUDIO

10:30AM - 11:15AM

RPM

ANDY SEAH

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TAMPINES

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	AARON H
10:15AM - 11:15AM	BODYCOMBAT	YI RU
11:30AM - 12:30PM	BODYCOMBAT	FANG
12:45PM - 01:45PM	BODYJAM	ANGELINA

MIND & BODY STUDIO

09:00AM - 10:00AM	BODYBALANCE	YI RU
10:15AM - 11:15AM	VINYASA YOGA	AARON H
11:30AM - 12:30PM	YIN YOGA	AARON H

CYCLING STUDIO

09:45AM - 11:15AM	RPM 90	KARLMAL
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FREESTYLE AREA

10:30AM - 11:15AM	NAK MUAY 45	FANG
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