

📍 FF 100AM

VESAK DAY SPECIAL CLASS

Exclusively on 12 May 2025

A special 90-minute extended class to bring balance, focus, and peace to your mind and body this Vesak day.

10:00

MAIN
STUDIO

60 mins

BODYPUMP

RYAN HARYADI

10:00

MIND
& BODY
STUDIO

90 mins

HATHA YOGA

Arm Balance

DAVID

11:15

MAIN
STUDIO

60 mins

BODYCOMBAT

JUNWEI & JOHNSON

11:45

MIND
& BODY
STUDIO

60 mins

YOGA

DAVID

12:30

MAIN
STUDIO

60 mins

BODYJAM

VIVI KUSUMA

13:45

MAIN
STUDIO

60 mins

ZUMBA

MUS

13:45

MIND
& BODY
STUDIO

60 mins

YIN YOGA

VIVI KUSUMA

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90-min Special Class

📍 FF AMK HUB

VESAK DAY SPECIAL CLASS

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09:00

MAIN
STUDIO

60 mins

BODYCOMBAT
RYAN LOW



09:00

MIND
& BODY
STUDIO

60 mins

**GENTLE
FLOW YOGA**
HALEY



10:15

MAIN
STUDIO

60 mins

STEP MOVES
FIONA

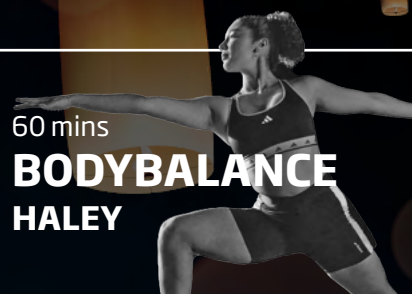


10:15

MIND
& BODY
STUDIO

60 mins

BODYBALANCE
HALEY



11:30

MAIN
STUDIO

60 mins

LES MILLS DANCE
GEORGE



11:30

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
CHRIS LIM



11:30

CYCLING
STUDIO

45 mins

RPM
CHRISTINA CHIN



12:30

MAIN
STUDIO

60 mins

BODYJAM
GEORGE



12:45

MIND
& BODY
STUDIO

90 mins

**GENTLE
FLOW YOGA**
CHRIS LIM



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90-min Special Class

📍 FF BUGIS | 12 MAY 2025

VESAK DAY SPECIAL CLASS

10:00

MAIN
STUDIO

60 mins

BODYPUMP
NATHANIEL



11:15

MAIN
STUDIO

60 mins

BODYCOMBAT
FANG



12:30

MAIN
STUDIO

45 mins

CIRQHIIT
FANG



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📍 FF FUSIONOPOLIS

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08:45

**MAIN
STUDIO**

60 mins

CIRCUIT
DESIREE



09:00

**MIND
& BODY
STUDIO**

90 mins

VINYASA FLOW
Inversion
YJ



10:00

**MAIN
STUDIO**

60 mins

**CORE
CONDITIONING**
DESIREE



10:15

**CYCLING
STUDIO**

45 mins

RPM
LENNART



10:45

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA
Hip Opener
YJ



11:15

**MAIN
STUDIO**

60 mins

BODYPUMP
LENNART

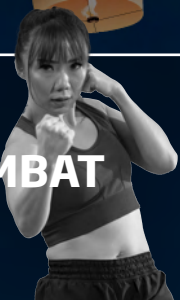


12:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT
LIK MING



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90-min Special Class

📍 FF JUNCTION 10 | 12 MAY 2025

VESAK DAY SPECIAL CLASS

10:00

MAIN
STUDIO

45 mins

LES MILLS DANCE
RYAN



11:00

MAIN
STUDIO

60 mins

BODYJAM
RYAN



11:00

CYCLING
STUDIO

60 mins

RPM
ROBYN

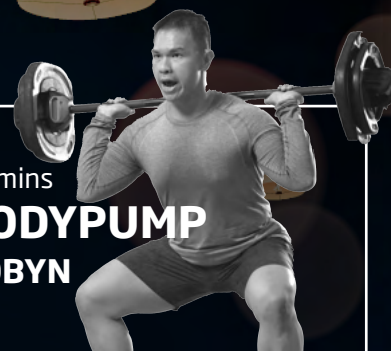


12:15

MAIN
STUDIO

60 mins

BODYPUMP
ROBYN



13:30

MAIN
STUDIO

60 mins

BODYCOMBAT
CHERYL



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📍 FF MARKET STREET

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09:00

CYCLING
STUDIO

45 mins

RPM
FERNIE



10:00

MAIN
STUDIO

60 mins

CIRCUIT
FERNIE



10:00

MIND
& BODY
STUDIO

90 mins

VINYASA YOGA
IAN FUNG



11:10

MAIN
STUDIO

60 mins

BODYPUMP
ROYSTON

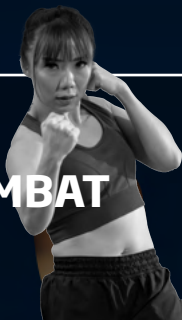


12:20

MAIN
STUDIO

60 mins

BODYCOMBAT
ROYSTON



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90-min Special Class

📍 FF ONE GEORGE STREET | 12 MAY 2025

VESAK DAY SPECIAL CLASS

09:30

**MAIN
STUDIO**

60 mins

BODYPUMP
PRISCILLA



10:40

**MAIN
STUDIO**

60 mins

BODYCOMBAT
PRISCILLA



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📍 FF PARAGON

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09:00

MAIN
STUDIO

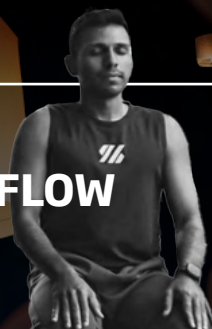
60 mins
BODYPUMP
LEWIS



09:00

MIND
& BODY
STUDIO

90 mins
**SOUND FLOW
PLUS**
SHERLIN



10:45

MAIN
STUDIO

60 mins
**CORE
CONDITIONING**
SHERLIN



10:45

MIND
& BODY
STUDIO

60 mins
BODYCOMBAT
LEWIS



12:00

MAIN
STUDIO

60 mins
BODYSTEP
CECILIA



12:00

MIND
& BODY
STUDIO

60 mins
BODYBALANCE
AMY



12:00

CYCLING
STUDIO

45 mins
RPM
GERALD TAN



13:15

MAIN
STUDIO

60 mins
BODYJAM
AMY



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90-min Special Class

📍 FF PAYA LEBAR | 12 MAY 2025

VESAK DAY SPECIAL CLASS

09:00

MAIN
STUDIO

60 mins

BODYPUMP
MIU



10:15

MAIN
STUDIO

60 mins

BODYCOMBAT
MIU



11:30

MAIN
STUDIO

45 mins

LES MILLS CORE
SHU YI



12:30

MAIN
STUDIO

60 mins

BODYPUMP
BENJAMIN LAI



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📍 FF TAMPINES

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09:00

MAIN
STUDIO

60 mins

CIRCUIT
KAREL



09:00

MIND
& BODY
STUDIO

60 mins

POWER YOGA
AARON H



10:15

MAIN
STUDIO

60 mins

BODYCOMBAT
KAREL



10:15

MIND
& BODY
STUDIO

90 mins

YIN YOGA
AARON H



10:15

CYCLING
STUDIO

45 mins

RPM
CAROL THEN



10:30

FREESTYLE
AREA

45 mins

BOOM
JO TAN



11:30

FREESTYLE
AREA

45 mins

NAK MUAY
JO TAN



11:45

MAIN
STUDIO

45 mins

LES MILLS DANCE
CLARENCE CHAN

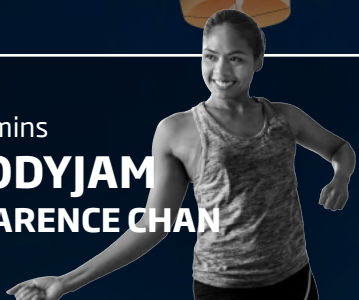


12:45

MAIN
STUDIO

60 mins

BODYJAM
CLARENCE CHAN



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90-min Special Class

📍 FF WESTGATE | 12 MAY 2025

VESAK DAY SPECIAL CLASS

09:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT
RAY



10:15

**MAIN
STUDIO**

60 mins

BODYSTEP
BRIAN TEO



10:30

**CYCLING
STUDIO**

45 mins

RPM
ANDY SEAH



11:30

**MAIN
STUDIO**

60 mins

BODYPUMP
TING WEI



12:45

**MAIN
STUDIO**

45 mins

LES MILLS DANCE
EUGENE NG

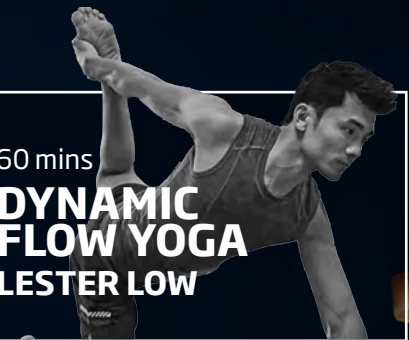


14:00

**MAIN
STUDIO**

60 mins

**DYNAMIC
FLOW YOGA**
LESTER LOW



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