

FF 100AM

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



**88-MIN
SPECIAL**

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

09:15 | 60-min

STEP MOVES

AMY

Main Studio

09:45 | 60-min

BODYBALANCE

KESTER

Mind & Body Studio

10:30 | 88-min



**BODYPUMP
& BODYCOMBAT**

MINGFEI

Main Studio

11:00 | 60-min

**DYNAMIC
FLOW YOGA**

KESTER

Mind & Body Studio

12:15 | 45-min

**LM STRENGTH
DEVELOPMENT**

KESTER

Main Studio

12:15 | 60-min

**GENTLE
FLOW YOGA**

IAN FUNG

Mind & Body Studio

13:30 | 60-min

**CORE
FLOW YOGA**

IAN FUNG

Mind & Body Studio

*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 100AM

DAY-2
18 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



TEAM-TEACH SPECIAL

Train together with a high-energy
team-teach class led by two instructors.
Double the instructor, double the fun!

09:30 | 60-min

BODYPUMP

RYAN HARYADI

Main Studio

09:30 | 60-min

VINYASA YOGA

DAVID CHIN

Mind & Body Studio



10:45 | 60-min

BODYCOMBAT

NICHOLAS MAK & MINGFEI

Main Studio

10:45 | 60-min

HATHA YOGA

DAVID CHIN

Mind & Body Studio

12:00 | 60-min

BODYATTACK

ZAKI

Main Studio

12:00 | 60-min

PILATES

KAIXIN

Mind & Body Studio

13:15 | 60-min

BODYJAM

ANGELINA

Main Studio

13:15 | 60-min

SOUND FLOW PLUS YOGA

KAIXIN

Mind & Body Studio

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FF ANG MO KIO

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



**88-MIN
SPECIAL**

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

09:00 | 60-min

BODYATTACK

ZAKI

Main Studio



10:15 | 88-min

STEP MOVES

FIONA

Main Studio

12:00 | 60-min

**GENTLE
FLOW YOGA**

KAI XIN

Mind & Body Studio

12:00 | 60-min

BODYCOMBAT

RACHEL SOH

Main Studio

13:15 | 60-min

**DYNAMIC
FLOW YOGA**

KAI XIN

Mind & Body Studio

13:15 | 45-min

LES MILLS DANCE

CLARENCE

Main Studio

14:15 | 60-min

BODYJAM

CLARENCE

Main Studio

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FF ANG MO KIO

DAY-2
18 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



TEAM-TEACH SPECIAL

Train together with a high-energy
team-teach class led by two instructors.
Double the instructor, double the fun!

09:00 | 60-min

BODYBALANCE

BEN TANG

Mind & Body Studio



09:00 | 60-min

BODYCOMBAT

KEE LEONG & RYAN LOW

Main Studio

10:15 | 45-min

RPM

VIVIEN

Cycling Studio

10:15 | 60-min

TOTAL BODY CONDITIONING

BEN TANG

Main Studio

10:15 | 60-min

HATHA YOGA

KELVIN CHAI

Mind & Body Studio

11:30 | 60-min

STEP MOVES

FIONA

Main Studio

11:30 | 60-min

YIN YOGA

KELVIN CHAI

Mind & Body Studio

12:45 | 60-min

BODYPUMP

ADELINE GOH

Main Studio

14:15 | 45-min

LES MILLS DANCE

RYAN ONG

Main Studio

15:15 | 60-min

BODYJAM

RYAN ONG

Main Studio

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FF BUGIS

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



88-MIN SPECIAL

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

10:00 | 60-min

BODYCOMBAT

PRIYA

Main Studio

11:15 | 88-min



BODYPUMP & BODYBALANCE

PRIYA

Main Studio

13:00 | 45-min

LES MILLS CORE

SHUYI

Main Studio

DAY-2
18 Feb '26



TEAM-TEACH SPECIAL

Train together with a high-energy team-teach class led by two instructors. Double the instructor, double the fun!

10:00 | 60-min



BODYPUMP **GAVIN & BENEDICT**

Main Studio

11:15 | 60-min

BODYCOMBAT

GAVIN

Main Studio

12:30 | 60-min

BODYJAM

GEORGE

Main Studio

13:45 | 45-min

LES MILLS DANCE

GEORGE

Main Studio

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FF FUSIONOPOLIS

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



**88-MIN
SPECIAL**

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!



08:45 | 88-min

**HOT FLOW
YOGA**

IAN FUNG

Mind & Body Studio

09:00 | 45-min

LES MILLS SHAPES

BHAS

Main Studio

09:00 | 45-min

RPM

YINSHI

Cycling Studio

10:00 | 60-min

RPM

YINSHI

Cycling Studio

10:00 | 60-min

BODYPUMP

BHAS

Main Studio

10:25 | 60-min

**GENTLE
FLOW YOGA**

IAN FUNG

Mind & Body Studio

11:15 | 60-min

BODYCOMBAT

JOYCE LEE

Main Studio

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FF FUSIONOPOLIS

DAY-2
18 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



TEAM-TEACH SPECIAL

Train together with a high-energy
team-teach class led by two instructors.
Double the instructor, double the fun!

09:00 | 60-min

BODYCOMBAT

LIKMING

Main Studio

09:00 | 60-min

DYNAMIC FLOW YOGA

CHRISTOPHER LIM

Mind & Body Studio

10:00 | 60-min

RPM

WEE BOON

Cycling Studio

10:15 | 60-min

YOGA CORE

CHRISTOPHER LIM

Mind & Body Studio



10:15 | 60-min

BODYPUMP HEAVY

BHAS & SUMAY

Main Studio

11:30 | 60-min

BODYATTACK

BHAS

Main Studio

12:45 | 60-min

BODYJAM

WILI

Main Studio

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FF JUNCTION 10

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



**88-MIN
SPECIAL**

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

09:15 | 60-min

**GENTLE
FLOW YOGA**

JULIAN
Main Studio

10:30 | 88-min



CIRCUIT & BODYPUMP
(FABULOUS CIRCUIT AWESOME PUMP)

DESIREE & JULIAN
Main Studio

10:40 | 40-min

RPM
WEE BOON
Cycling Studio

12:15 | 60-min

DANCE MOVES
CHARLOTTE
Main Studio

13:30 | 60-min

BODYJAM
RYAN ONG
Main Studio

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FF JUNCTION 10

DAY-2
18 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



TEAM-TEACH SPECIAL

Train together with a high-energy
team-teach class led by two instructors.
Double the instructor, double the fun!

09:00 | 60-min

GENTLE FLOW YOGA

CAROLINE

Main Studio

10:00 | 15-min

RPM SHU TING

Cycling Studio

10:15 | 60-min

CORE FLOW YOGA

CAROLINE

Main Studio

11:30 | 60-min



ZUMBA (ANGBAO CELEBRATION) CHARLOTTE & JULIAN

Main Studio

12:45 | 60-min

BODYPUMP HEAVY

JULIAN

Main Studio

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FF ONE GEORGE STREET

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



**88-MIN
SPECIAL**

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

09:15 | 45-min

CIRCUIT

YEOH

Main Studio

10:10 | 88-min



**BODYPUMP
& BODYCOMBAT**

YEOH

Main Studio

DAY-2
18 Feb '26



**TEAM-TEACH
SPECIAL**

Train together with a high-energy team-teach class led by two instructors. Double the instructor, double the fun!

09:15 | 45-min

CIRCUIT

YEOH

Main Studio

10:10 | 45-min



**BODYPUMP
YEOH & SHUMIN**

Main Studio

11:05 | 50-min

BODYCOMBAT

YEOH

Main Studio

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FF ONE RAFFLES QUAY

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



**88-MIN
SPECIAL**

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

09:30 | 45-min

RPM

GLENN

Cycling Studio

10:30 | 88-min



**BODYPUMP
& BODYATTACK**

GLENN

Main Studio

10:30 | 45-min

LM PILATES

REGINA

Mind & Body Studio

11:30 | 90-min

YIN YOGA

REGINA

Mind & Body Studio



**TEAM-TEACH
SPECIAL**

Train together with a high-energy team-teach class led by two instructors. Double the instructor, double the fun!

09:00 | 60-min

BODYPUMP

JIMMY TAN

Main Studio

09:00 | 45-min

RPM

ADELINE TAY

Cycling Studio

10:10 | 60-min

BODYCOMBAT

JIMMY TAN

Main Studio

10:15 | 90-min

DYNAMIC FLOW YOGA

IAN FUNG

Mind & Body Studio

11:15 | 45-min

RPM

CAROL THEN

Cycling Studio



11:30 | 90-min

SPECIAL CLASS

JUNWEI, KESTER & FERNIE

Main Studio

12:00 | 60-min

GENTLE FLOW YOGA

IAN FUNG

Mind & Body Studio

DAY-2
18 Feb '26

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FF PARAGON

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



**88-MIN
SPECIAL**

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

08:45 | 88-min



**GENTLE FLOW
& DYNAMIC FLOW**

JOANNA

Mind & Body Studio

09:15 | 45-min

**TOTAL BODY
CONDITIONING**

BEN TANG

Main Studio

10:15 | 60-min

DANCE MOVES

GEORGE

Main Studio

10:20 | 60-min

BODYBALANCE

BEN TANG

Mind & Body Studio

11:30 | 60-min

BODYJAM

GEORGE

Main Studio

11:30 | 60-min

BODYCOMBAT

BEN TANG

Mind & Body Studio

11:30 | 45-min

RPM

JESSICA

Cycling Studio

12:45 | 60-min

BODYPUMP

PRISCILLA

Main Studio

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FF PARAGON

DAY-2
18 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



TEAM-TEACH SPECIAL

Train together with a high-energy
team-teach class led by two instructors.
Double the instructor, double the fun!

09:00 | 60-min

BODYPUMP

NICKY

Main Studio

09:00 | 60-min

GENTLE FLOW YOGA

GLENN

Mind & Body Studio

10:15 | 45-min

LES MILLS CORE

JUNN

Main Studio

10:15 | 45-min

RPM

GLENN

Cycling Studio

10:15 | 60-min

BODYCOMBAT

NICKY

Mind & Body Studio

11:30 | 45-min

LES MILLS DANCE

RYAN

Main Studio

11:30 | 60-min

BODYATTACK

GLENN

Mind & Body Studio



12:30 | 60-min

BODYJAM

RYAN & JACLYN

Main Studio

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FF PAYA LEBAR

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



88-MIN SPECIAL

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

09:30 | 88-min

FUNCTIONAL STRENGTH & BODYCOMBAT

JO TAN

Main Studio

11:15 | 60-min

BODYPUMP

NATHANIEL

Main Studio

11:15 | 45-min

BOOM

JO TAN

Fight Zone

12:30 | 60-min

BODYCOMBAT

MINGFEI

Main Studio



TEAM-TEACH SPECIAL

Train together with a high-energy team-teach class led by two instructors. Double the instructor, double the fun!

09:00 | 60-min

CIRCUIT

KAREL

Main Studio



10:15 | 60-min

BODYCOMBAT

KAREL & JESSICA

Main Studio

11:30 | 60-min

BODYATTACK

MERVYN

Main Studio

12:45 | 45-min

LES MILLS TONE

MERVYN

Main Studio

DAY-2
18 Feb '26

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FF TAMPINES

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



**88-MIN
SPECIAL**

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

09:00 | 60-min

BODYPUMP

LEONARD ONG

Main Studio

09:00 | 60-min

DYNAMIC FLOW YOGA

SHERLIN

Mind & Body Studio

10:15 | 60-min

BODYCOMBAT

PRISCILLA

Main Studio

10:15 | 60-min

SOUND FLOW YOGA

SHERLIN

Mind & Body Studio

11:30 | 60-min

BODYPUMP HEAVY

RENU

Main Studio

11:30 | 88-min



**SOUND FLOW
YOGA PLUS**

SHERLIN

Mind & Body Studio

12:45 | 45-min

BODYCOMBAT

RENU

Main Studio

14:00 | 45-min

RPM

WEE BOON

Cycling Studio

15:00 | 88-min



DANCE MOVES

LOUIS SHEN

Main Studio

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FF TAMPINES

DAY-2
18 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



TEAM-TEACH SPECIAL

Train together with a high-energy
team-teach class led by two instructors.
Double the instructor, double the fun!

09:00 | 60-min

DANCE MOVES

LOUIS SHEN

Main Studio

09:00 | 45-min

INTERVAL RIDE

SHERLIN

Cycling Studio

09:00 | 60-min

LES MILLS PILATES

EDWIN KO

Mind & Body Studio

10:15 | 60-min

SOUND FLOW YOGA

SHERLIN

Mind & Body Studio

10:15 | 45-min

CIRQHIIT TRANSFORM

EDWIN KO

Main Studio



11:30 | 60-min

BODYCOMBAT

PRISCILLA & RENU

Main Studio

11:30 | 60-min

SOUND FLOW YOGA PLUS

SHERLIN

Mind & Body Studio

12:45 | 60-min

BODYBALANCE

BEN TANG

Mind & Body Studio

12:45 | 60-min

BODYPUMP

PRISCILLA

Main Studio

14:00 | 60-min

BODYCOMBAT

BEN TANG

Main Studio

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FF WESTGATE

DAY-1
17 Feb '26

CHINESE NEW YEAR SPECIAL CLASSES



88-MIN SPECIAL

Kick off the New Year with a special 88-minute class that sets the tone for luck, endurance, and lasting energy!

09:00 | 60-min

BODYBALANCE

AGNES PHOEN

Main Studio

10:15 | 45-min

LES MILLS DANCE

RYAN ONG

Main Studio

10:30 | 45-min

RPM

SHARIFAH

Cycling Studio

10:30 | 45-min

H2O HEAT

MERVYN

Swimming Pool

11:15 | 60-min

BODYPUMP

GRACE LEE

Main Studio

12:30 | 45-min

LES MILLS CORE

MERVYN

Main Studio



13:30 | 88-min

BODYATTACK

ZAKI

Main Studio

DAY-2
18 Feb '26



TEAM-TEACH SPECIAL

Train together with a high-energy team-teach class led by two instructors. Double the instructor, double the fun!

09:00 | 60-min

BODYCOMBAT

GRACE LEE

Main Studio



10:15 | 60-min

BODYJAM

ANGELINA & JACYLN

Main Studio

10:30 | 45-min

RPM

GRACE LEE

Cycling Studio

11:30 | 60-min

BODYSTEP

CECILIA

Main Studio

12:45 | 45-min

LES MILLS PILATES

AGNES PHOEN

Main Studio

13:45 | 60-min

BODYPUMP

JOYCE LEE

Main Studio

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