

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

10:45 | 60-min

HATHA YOGA DAVID CHIN

Mind & Body Studio

13:15 | 60-min

BODYJAM ANGELINA

Main Studio

09:30 | 60-min

VINYASA YOGA DAVID CHIN

Mind & Body Studio

12:00 | 60-min

BODYATTACK ZAKI

Main Studio

13:15 | 60-min

SOUND FLOW PLUS YOGA

Mind & Body Studio

10:45 | 60-min

BODYCOMBAT NICHOLAS MAK & MINGFEI

Main Studio

12:00 | 60-min

PILATES 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

12:00 | 60-min

BODYCOMBAT

RACHEL SOH

Main Studio

14:15 | 60-min

BODYJAM

CLARENCE

Main Studio



10:15 | 88-min

STEP MOVES

FIONA

Main Studio

13:15 | 60-min

**DYNAMIC
FLOW YOGA**

KAI XIN

Mind & Body Studio

12:00 | 60-min

**GENTLE
FLOW YOGA**

KAI XIN

Mind & Body Studio

13:15 | 45-min

LES MILLS DANCE

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

10:15 | 60-min

YOGA CORE CHRISTOPHER LIM

Mind & Body Studio

12:45 | 60-min

BODYJAM WILI

Main Studio

09:00 | 60-min

DYNAMIC FLOW YOGA CHRISTOPHER LIM

Mind & Body Studio

10:15 | 60-min

BODYPUMP HEAVY BHAS & SUMAY

Main Studio

10:00 | 60-min

RPM WEE BOON

Cycling Studio

11:30 | 60-min

BODYATTACK BHAS

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

11:30 | 60-min

ZUMBA (ANGBAO CELEBRATION)

CHARLOTTE & JULIAN

Main Studio

10:00 | 15-min

RPM

SHU TING

Cycling Studio

10:15 | 60-min

CORE FLOW

YOGA

CAROLINE

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

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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

10:15 | 45-min

RPM

GLENN

Cycling Studio

11:30 | 60-min

BODYATTACK

GLENN

Mind & Body Studio

09:00 | 60-min

GENTLE FLOW YOGA

GLENN

Mind & Body Studio

10:15 | 60-min

BODYCOMBAT

NICKY

Mind & Body Studio

12:30 | 60-min

BODYJAM

RYAN & JACLYN

Main Studio

10:15 | 45-min

LES MILLS CORE

JUNN

Main Studio

11:30 | 45-min

LES MILLS DANCE

RYAN

Main Studio



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

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

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

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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

10:15 | 60-min

SOUND FLOW YOGA

SHERLIN

Mind & Body Studio

11:30 | 60-min

SOUND FLOW YOGA PLUS

SHERLIN

Mind & Body Studio

14:00 | 60-min

BODYCOMBAT

BEN TANG

Main Studio

09:00 | 45-min

INTERVAL RIDE

SHERLIN

Cycling Studio

10:15 | 45-min

CIROHIIT TRANSFORM

EDWIN KO

Main Studio

12:45 | 60-min

BODYBALANCE

BEN TANG

Mind & Body Studio

09:00 | 60-min

LES MILLS PILATES

EDWIN KO

Mind & Body Studio

11:30 | 60-min

BODYCOMBAT

PRISCILLA & RENU

Main Studio

12:45 | 60-min

BODYPUMP

PRISCILLA

Main Studio

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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



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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