Fitness First

23 BIRTHDAY & SPECIAL CLASSES

IT'S FITNESS FIRST 23RD BIRTHDAY, AND YOU'RE INVITED!
Get ready for a whole week of special-themed classes, good vibes and feel-good moves!

FF PARAGON | 23 NOV 2026

12 15 PM | **GENTLE FLOW**
THEME: **GROUNDED IN GRACE**
60 minutes by Christine

FF ONE RAFFLES QUAY | 23 NOV 2026

08 20 PM | **BODYPUMP**
THEME: **CONTROL & POWER**
60 minutes by Vinz

FF ANG MO KIO | 24 NOV 2026

11 45 AM | **LES MILLS DANCE**
THEME: **60 MINS SPECIAL**
60 minutes by Naila

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

Fitness First

23 BIRTHDAY & SPECIAL CLASSES

IT'S FITNESS FIRST 23RD BIRTHDAY, AND YOU'RE INVITED!
Get ready for a whole week of special-themed classes, good vibes and feel-good moves!

FF METROPOLIS | 24 NOV 2026

12 00 PM | **CIRCUIT**
THEME: **BIRTHDAY 'BASH' WORKOUT**
50 minutes by Linda

FF FUSIONOPOLIS | 24 NOV 2026

06 15 PM | **BODYJAM**
THEME: **PARTY LIKE IT'S YOUR BIRTHDAY**
60 minutes by Lucas

FF MAPLE TREE | 24 NOV 2026

06 30 PM | **BODYATTACK**
THEME: **OLD BUT GOLD**
60 minutes by Bhas

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

Fitness First

23 BIRTHDAY & SPECIAL CLASSES

IT'S FITNESS FIRST 23RD BIRTHDAY, AND YOU'RE INVITED!
Get ready for a whole week of special-themed classes, good vibes and feel-good moves!

FF ONE RAFFLES QUAY | 24 NOV 2026

08 20 PM | **BODYSTEP**
THEME: **PARTY STEP**
60 minutes by Alwin

FF CAPITAL TOWER | 25 NOV 2026

06 30 AM | **HYROX**
THEME: **BIRTHDAY HYROX**
45 minutes by Hairul

FF WESTGATE | 25 NOV 2026

09 30 AM | **LES MILLS DANCE**
THEME: **SASS & BOLD**
45 minutes by Eugene

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

Fitness First

23 BIRTHDAY & SPECIAL CLASSES

IT'S FITNESS FIRST 23RD BIRTHDAY, AND YOU'RE INVITED!
Get ready for a whole week of special-themed classes, good vibes and feel-good moves!

FF 100AM | **25 NOV 2026**

12 00 PM — **ZUMBA**
THEME: **COLOUR ME ZUMBA**
COME IN BRIGHT COLOURS!
60 minutes by Mus

FF ANG MO KIO | **25 NOV 2026**

07 45 PM — **BODYBALANCE**
THEME: **BACK TO 2000S**
MUSIC FROM 23 YEARS AGO
60 minutes by Ben

FF TAMPINES | **26 NOV 2026**

11 00 AM — **CIRQHIIT TRANSFORM**
THEME: **CHALLENGE YOUR INNER 23**
45 minutes by Edwin Ko

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

Fitness First

23 BIRTHDAY & SPECIAL CLASSES

IT'S FITNESS FIRST 23RD BIRTHDAY, AND YOU'RE INVITED!
Get ready for a whole week of special-themed classes, good vibes and feel-good moves!

FF TAMPINES | 26 NOV 2026

06 30 PM | **ZUMBA**
THEME: **BACK TO SCHOOL**
DRESS UP IN SCHOOL UNIFORM!
60 minutes by Miya

FF PAYA LEBAR | 26 NOV 2026

07 15 PM | **BODYCOMBAT**
THEME: **LEGS ENDURANCE**
60 minutes by Yiru

FF 100AM | 26 NOV 2026

07 35 PM | **BODYCOMBAT**
THEME: **SPEED & POWER**
60 minutes by Lik Ming

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

Fitness First

23 BIRTHDAY & SPECIAL CLASSES

IT'S FITNESS FIRST 23RD BIRTHDAY, AND YOU'RE INVITED!
Get ready for a whole week of special-themed classes, good vibes and feel-good moves!

FF FUSIONOPOLIS | **27 NOV 2026**

09 40 AM — **ZUMBA**
THEME: **COLOUR ME ZUMBA**
COME IN BRIGHT COLOURS
60 minutes by Mus

FF PAYA LEBAR | **27 NOV 2026**

10 00 AM — **CIRQHIIT TRANSFORM**
THEME: **CASINO CIRCUIT**
45 minutes by Jasmine

FF JUNCTION 10 | **27 NOV 2026**

05 45 PM — **BODYBALANCE**
THEME: **BODY LONGEVITY**
45 minutes by Julian

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

Fitness First

23 BIRTHDAY & SPECIAL CLASSES

IT'S FITNESS FIRST 23RD BIRTHDAY, AND YOU'RE INVITED!
Get ready for a whole week of special-themed classes, good vibes and feel-good moves!

FF BUGIS | 27 NOV 2026

06 30 PM — **BODYPUMP**
THEME: **PUMP IT RED**
COME IN RED!
45 minutes by Rachel Yeo

FF WESTGATE | 28 NOV 2026

05 45 PM — **BODYSTEP**
THEME: **NEON PARTY**
COME IN NEON COLOURS
60 minutes by Brian Teo

FF BUGIS | 29 NOV 2026

09 40 AM — **CIRCUIT**
THEME: **BLIND BOX CIRCUIT**
60 minutes by Karel

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

Fitness First



23 BIRTHDAY & SPECIAL CLASSES

IT'S FITNESS FIRST 23RD BIRTHDAY, AND YOU'RE INVITED!
Get ready for a whole week of special-themed classes, good vibes and feel-good moves!

FF PARAGON | 29 NOV 2026

10 30 AM | **RPM**
THEME: **Y2K**
45 minutes by Yinshi

FF ONE GEORGE STREET | 29 NOV 2026

12 30 PM | **BODYJAM**
THEME: **MASH UP**
60 minutes by Angelina

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