

EVERY WEDNESDAY IN MARCH

LADIES NIGHT SPECIAL CLASSES

Bring your girl friend to our Wednesday special classes and she will walk away with a **7-Day Free Trial** to experience the gym - on us!

 **FF 100AM | 4 MARCH 2026**

**06
25 PM** | **BODYPUMP**

60 minutes Vivi Woon Main Studio

 **FF JUNCTION 10 | 4 MARCH 2026**

**08
30 PM** | **BODYJAM**

60 minutes Joanne Chua Main Studio

 **FF WESTGATE | 4 MARCH 2026**

**07
30 PM** | **BODYJAM**

60 minutes Jaclyn Main 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.

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FF ANG MO KIO | 11 MARCH 2026

07
45 PM

BODYBALANCE

60 minutes Ben Tang Mind & Body Studio



FF BUGIS | 11 MARCH 2026

08
30 PM

BODYPUMP

60 minutes Benjamin Lai Main Studio



FF CAPITAL TOWER | 11 MARCH 2026

06
45 PM

LM STRENGTH DEVELOPMENT

45 minutes Bryan Wong Main Studio



FF MAPLETREE | 11 MARCH 2026

07
40 PM

BODYCOMBAT

60 minutes Priscilla Main Studio

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FF FUSIONOPOLIS | 18 MARCH 2026

06
15 PM

BODYPUMP

60 minutes | Christina | Main Studio



FF ONE GEORGE STREET | 18 MARCH 2026

06
10 PM

BODYATTACK

60 minutes | Glenn | Main Studio



FF PARAGON | 18 MARCH 2026

06
15 PM

HOT FLOW YOGA

60 minutes | Christine | Mind & Body Studio



FF PAYA LEBAR | 18 MARCH 2026

06
00 PM

BODYCOMBAT

60 minutes | Adeline Goh | Main Studio

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FF METROPOLIS | 25 MARCH 2026

07
10 PM

BODYCOMBAT

60 minutes

Nic Mak

Main Studio

FF ONE RAFFLES QUAY | 25 MARCH 2026

07
10 PM

ZUMBA

60 minutes

Julian

Main Studio

FF TAMPINES | 25 MARCH 2026

07
45 PM

RPM

45 minutes

Bernie

Cycling Studio

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