

THURS, 11 JUNE 2026

# LES MILLS A.M. PARTY

Be among the first to experience the latest releases of Les Mills BODYATTACK and BODYPUMP HEAVY, plus a new program, Les Mills CEREMONY STUDIO!



FF ONE GEORGE STREET

08  
15 AM

60 minutes

## BODYATTACK #132

by **Bhas** (Les Mills Asia Pacific Presenter)

09  
30 AM

60 minutes

## BODYPUMP HEAVY #4

by **Marlon Woods** (Les Mills International Presenter)  
& **Reagan Kang** (Les Mills International Presenter)

10  
45 AM

45 minutes

## CEREMONY STUDIO #11

by **Edwin Ko** (Les Mills Asia Pacific Presenter)  
& **Jo Tan** (Les Mills Asia Pacific Presenter)



### Meet Marlon Woods & Reagan Kang for a photo-taking opportunity

Open to all members who have booked the 9:30am BODYPUMP HEAVY class.  
Limited to the first 10 arrivals by 9:00am.

\*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.