

9 FF 100AM | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

10:00

**MAIN
STUDIO**

60 mins

BODYPUMP
GAVIN



10:00

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA
DAVID



11:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
GAVIN



11:15

**MIND
& BODY
STUDIO**

60 mins

DYNAMIC FLOW
DAVID



12:30

**MAIN
STUDIO**

75 mins

STEP MOVES
FIONA



12:30

**MIND
& BODY
STUDIO**

60 mins

SOUND FLOW PLUS
HENRY



14:00

**MAIN
STUDIO**

45 mins

LES MILLS TONE
BEN LAI



13:45

**MIND
& BODY
STUDIO**

60 mins

SOUND FLOW
HENRY



15:00

**MAIN
STUDIO**

60 mins

BODYPUMP HEAVY
BEN LAI



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.



Special Evening Class
Come in **RED**

9 FF ANG MO KIO | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

Still riding that National Day high? Keep it going with our first ever public holiday evening class - the perfect way to make the most of your long weekend.

09:00

**MIND
& BODY
STUDIO**

60 mins

BODYBALANCE
BEN TANG



09:15

**MAIN
STUDIO**

45 mins

**LM STRENGTH
DEVELOPMENT**
JO TAN



10:15

**MIND
& BODY
STUDIO**

60 mins

GENTLE FLOW
LESTER



10:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JO TAN



11:00

**CYCLING
STUDIO**

45 mins

RPM
ADELINE



11:30

**MAIN
STUDIO**

60 mins

BODYPUMP
YUYONG



11:30

**MIND
& BODY
STUDIO**

60 mins

DYNAMIC FLOW
LESTER



12:45

**MAIN
STUDIO**

45 mins

LES MILLS DANCE
EUGENE



12:45

**MIND
& BODY
STUDIO**

60 mins

PILATES
EULIN



13:45

**MAIN
STUDIO**

60 mins

BODYJAM
WILI



17:30

**MAIN
STUDIO**

60 mins

BODYPUMP
BENEDICT



18:45

**MAIN
STUDIO**

75 mins

BODYCOMBAT
ZHENGJIE



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Come in **RED**

📍 FF BUGIS | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

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10:00

**MAIN
STUDIO**

60 mins

**CORE
CONDITIONING**
SHERLIN



11:15

**MAIN
STUDIO**

60 mins

GENTLE FLOW
JOANNA



12:30

**MAIN
STUDIO**

60 mins

BODYPUMP
ADELINE GOH



13:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT
ADELINE GOH



17:00

**MAIN
STUDIO**

45 mins

LES MILLS DANCE
EUGENE



18:00

**MAIN
STUDIO**

60 mins

BODYJAM
LUCAS



REFORMER PILATES

Small, focused classes to sculpt, tone, and realign - from as low as \$25/class

09:45

60 mins

By **JOANNA**

11:15

60 mins

By **SHERLIN**

13:00

60 mins

By **DAVID**

15:00

60 mins

By **MERVYN**



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9 FF FUSIONOPOLIS | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

08:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT
CHERYL



10:00

**MAIN
STUDIO**

60 mins

BODYPUMP HEAVY
LEWIS



10:10

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA
YJ



10:10

**FIGHT
ZONE**

45 mins

BOOM
CHERYL



10:15

**CYCLING
STUDIO**

60 mins

RPM
LENNART



11:05

**FIGHT
ZONE**

45 mins

NAK MUAY
CHERYL



11:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
LEWIS



11:15

**MIND
& BODY
STUDIO**

60 mins

VINYASA YOGA
YJ



12:30

**MAIN
STUDIO**

60 mins

BODYJAM
LUCAS



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📍 FF JUNCTION 10 | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

09:30

**MAIN
STUDIO**

60 mins

BODYPUMP

JULIAN



10:30

**CYCLING
STUDIO**

45 mins

RPM

ALAN TAN



10:45

**MAIN
STUDIO**

60 mins

ZUMBA

AMILIA



12:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT

BEN TANG



13:15

**MAIN
STUDIO**

60 mins

BODYBALANCE

BEN TANG



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📍 FF ONE GEORGE STREET | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

09:30

**MAIN
STUDIO**

45 mins

**CIRCUIT
YEOH**



10:20

**MAIN
STUDIO**

60 mins

**BODYPUMP
YEOH**



11:00

**MAIN
STUDIO**

45 mins

**LES MILLS PILATES
VIVI KUSUMA**



12:00

**MAIN
STUDIO**

60 mins

**BODYJAM
VIVI KUSUMA**



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📍 FF ONE RAFFLES QUAY | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

09:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JUNWEI



09:00

**FREESTYLE
AREA**

45 mins

HYROX COMPLETE
SHUMIN



09:15

**CYCLING
STUDIO**

45 mins

RPM
YINSHI



10:00

**MIND
& BODY
STUDIO**

75 mins

YIN YOGA
REGINA



10:00

**FREESTYLE
AREA**

45 mins

HYROX ENGINE
SHUMIN



10:10

**MAIN
STUDIO**

60 mins

BODYPUMP
YINSHI



11:20

**MAIN
STUDIO**

60 mins

BODYATTACK
BRYAN



12:20

**MAIN
STUDIO**

90 mins

BODYCOMBAT
KENNY



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Special Evening Class
Come in **RED**

📍 **FF PARAGON** | **10 AUGUST 2026**

NATIONAL DAY SPECIAL CLASSES

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09:00

**MAIN
STUDIO**

60 mins

BODYPUMP

GLENN



09:00

**STUDIO
TWO**

60 mins

GENTLE FLOW

KESTER



10:05

**MAIN
STUDIO**

60 mins

BODYSTEP

GLENN



10:15

**STUDIO
TWO**

60 mins

LES MILLS PILATES

KESTER



11:10

**MAIN
STUDIO**

60 mins

BODYJAM

ANGELINA



11:30

**STUDIO
TWO**

60 mins

BODYCOMBAT

KELVIN



11:30

**CYCLING
STUDIO**

45 mins

RPM

GLENN



17:45

**MAIN
STUDIO**

75 mins

STEP MOVES

FIONA



19:30

**MAIN
STUDIO**

60 mins

BODYPUMP

BENJAMIN LAI



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Special Evening Class
Come in **RED**

📍 FF PAYA LEBAR | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

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09:30

**MAIN
STUDIO**

60 mins

CIRCUIT
FANG



10:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT
FANG



12:00

**MAIN
STUDIO**

60 mins

BODYATTACK
MERVYN



12:00

**FIGHT
ZONE**

45 mins

NAK MUAY
FANG



13:15

**MAIN
STUDIO**

45 mins

LES MILLS CORE
MERVYN



18:00

**MAIN
STUDIO**

60 mins

BODYPUMP
GLENN



19:15

**MAIN
STUDIO**

60 mins

BODYPUMP HEAVY
GLENN



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📍 FF TAMPINES | 10 AUGUST 2026

NATIONAL DAY SPECIAL CLASSES

09:00

**MAIN
STUDIO**

45 mins

LES MILLS TONE

LEONARD ONG



09:00

**MIND
& BODY
STUDIO**

60 mins

VINYASA YOGA

KIMBERLY KOH



10:15

**MAIN
STUDIO**

60 mins

BODYPUMP

CK



10:15

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA

KIMBERLY KOH



10:15

**CYCLING
STUDIO**

45 mins

RPM

KARLMAL



11:30

**MIND
& BODY
STUDIO**

60 mins

BODYBALANCE

AMY SEOW



11:30

**MAIN
STUDIO**

60 mins

BODYCOMBAT

JACKY



12:45

**MAIN
STUDIO**

60 mins

STEP MOVES

AMY SEOW



14:00

**MAIN
STUDIO**

45 mins

LES MILLS DANCE

CLARENCE CHAN



15:00

**MAIN
STUDIO**

60 mins

BODYJAM

CLARENCE CHAN



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Special Evening Class
Come in **RED**

📍 **FF WESTGATE | 10 AUGUST 2026**

NATIONAL DAY SPECIAL CLASSES

Still riding that National Day high? Keep it going with our first ever public holiday evening class - the perfect way to make the most of your long weekend.

09:00

**MAIN
STUDIO**

60 mins

BODYPUMP

ALBERT



10:15

**MAIN
STUDIO**

45 mins

LES MILLS PILATES

JEFFERY CHUA



10:30

**CYCLING
STUDIO**

45 mins

RPM

KATHERINE



11:15

**MAIN
STUDIO**

60 mins

BODYSTEP

BRIAN TEO



12:30

**MAIN
STUDIO**

45 mins

**LES MILLS
YOGA YIN**

AGNES PHOEN



13:30

**MAIN
STUDIO**

60 mins

BODYJAM

ANGELINA YEO



14:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT

LIK MING



17:00

**MAIN
STUDIO**

60 mins

DYNAMIC FLOW

JOEY KOH



18:15

**MAIN
STUDIO**

60 mins

CORE FLOW

JOEY KOH



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