

📍 FF 100AM | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

10:00

**MIND
& BODY
STUDIO**

60 mins

VINYASA YOGA
IAN

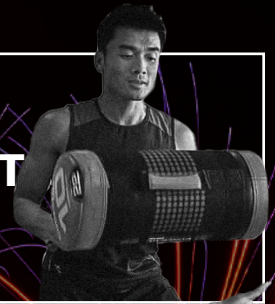


10:15

**MAIN
STUDIO**

45 mins

CIRCUIT
JAY



11:15

**MAIN
STUDIO**

60 mins

BODYJAM
VIVI KUSUMA



11:15

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**
IAN



12:30

**MAIN
STUDIO**

45 mins

LES MILLS DANCE
EUGENE NG



12:30

**MIND
& BODY
STUDIO**

45 mins

**LES MILLS
PILATES**
VIVI KUSUMA



13:30

**MAIN
STUDIO**

60 mins

BODYPUMP
MIU



13:30

**MIND
& BODY
STUDIO**

60 mins

YIN YOGA
VIVI KUSUMA



14:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT
MIU



*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.

 NEW Les Mills Release

📍 FF AMK HUB | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

09:00

MAIN
STUDIO

60 mins

BODYATTACK
EDWIN CHIAM

10:00

CYCLING
STUDIO

45 mins

RPM
ALAN TAN

10:15

MAIN
STUDIO

60 mins

BODYSTEP
JASPER

10:15

MIND
& BODY
STUDIO

60 mins

**ADVANCED
FLOW YOGA**
JO LIM

11:30

MAIN
STUDIO

60 mins

BODYJAM
JULIAN

11:30

MIND
& BODY
STUDIO

60 mins

YOGA STRETCH
JO LIM

12:45

MAIN
STUDIO

60 mins

BODYPUMP
CHRISTOPHER SIM

12:45

MIND
& BODY
STUDIO

60 mins

BODYBALANCE
AGNES

14:00

MAIN
STUDIO

60 mins

BODYCOMBAT
ROYSTON

14:00

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
IAN FUNG

15:15

MIND
& BODY
STUDIO

60 mins

**GENTLE
FLOW YOGA**
IAN FUNG

*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.

NEW Les Mills Release

📍 FF BUGIS | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

10:00

MAIN
STUDIO

60 mins

**CORE
CONDITIONING**
CHRIS LIM

11:15

MAIN
STUDIO

60 mins

HATHA YOGA
CHRIS LIM

12:30

MAIN
STUDIO

60 mins

BODYCOMBAT
ADELINE GOH

13:45

MAIN
STUDIO

60 mins

BODYPUMP
ADELINE GOH

15:00

MAIN
STUDIO

60 mins

BODYBALANCE
CARIICK

*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.

NEW Les Mills Release

📍 FF FUSIONOPOLIS | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

09:00

MAIN
STUDIO

45 mins

**LES MILLS
SHAPES**
PRIYA



09:00

MIND
& BODY
STUDIO

60 mins

PILATES
NICHOLAS



10:00

MAIN
STUDIO

60 mins

BODYCOMBAT
PRIYA



10:15

MIND
& BODY
STUDIO

60 mins

YIN YOGA
NICHOLAS



10:15

CYCLING
STUDIO

45 mins

RPM
LENNART

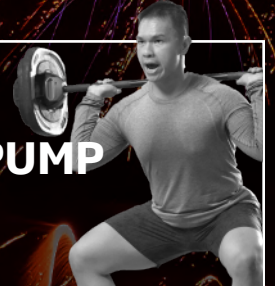


11:15

MAIN
STUDIO

60 mins

BODYPUMP
PRIYA



12:30

MAIN
STUDIO

60 mins

BODYJAM
WILI



*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.

NEW Les Mills Release

9 FF JUNCTION 10 | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

09:00

MAIN
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
CAROLINE



10:15

MAIN
STUDIO

60 mins

CORE FLOW
CAROLINE



10:30

CYCLING
STUDIO

45 mins

RPM
ROBYN



11:30

MAIN
STUDIO

60 mins

BODYPUMP
ROBYN



12:45

MAIN
STUDIO

60 mins

BODYCOMBAT
RAY



*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.

NEW Les Mills Release

9 FF ONE GEORGE STREET | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

10:00

MAIN
STUDIO

60 mins

**STEP MOVES
(BASIC)**

FIONA



11:10

MAIN
STUDIO

60 mins

**STEP MOVES
(INTERMEDIATE)**

FIONA



12:20

MAIN
STUDIO

60 mins

CIRCUIT

JAY



13:30

MAIN
STUDIO

60 mins

**GENTLE
FLOW YOGA**

SANDY



14:40

MAIN
STUDIO

60 mins

**SOUND FLOW
PLUS**

SANDY



*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 ONE RAFFLES QUAY | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

09:45

**CYCLING
STUDIO**

45 mins

**RPM
GLENN**



10:00

**MIND
& BODY
STUDIO**

60 mins

**SOUND FLOW
PLUS
KAI XIN**



10:00

**MAIN
STUDIO**

60 mins

**BODYCOMBAT
LIK MING**



11:15

**MAIN
STUDIO**

60 mins

**BODYPUMP
GLENN**



11:15

**MIND
& BODY
STUDIO**

60 mins

**SOUND FLOW
PLUS
KAI XIN**



12:30

**MAIN
STUDIO**

60 mins

**BODYATTACK
GLENN**



*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.

 NEW Les Mills Release

9 FF PARAGON | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

09:00

MIND
STUDIO

45 mins

**LES MILLS
TONE**
MERVYN



09:00

MIND
& BODY
STUDIO

60 mins

BODYCOMBAT
NAT



10:15

MAIN
STUDIO

45 mins

LES MILLS DANCE
EUGENE & NAT



10:15

MIND
& BODY
STUDIO

60 mins

BODYATTACK
MERVYN & JACKY



11:30

MAIN
STUDIO

60 mins

BODYJAM
CLARENCE



11:30

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
SHERLIN



11:30

CYCLING
STUDIO

45 mins

RPM
CAROL THEN & IAN CHOO



12:45

MIND
& BODY
STUDIO

60 mins

**SOUND FLOW
PLUS**
SHERLIN



12:45

MAIN
STUDIO

60 mins

BODYPUMP
SHUMIN



14:00

FREESTYLE
AREA

45 mins

HYROX COMPLETE
SHUMIN



*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.

NEW Les Mills Release

📍 FF PAYA LEBAR | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

10:00

MAIN
STUDIO

60 mins

BODYPUMP

CJ



11:15

MAIN
STUDIO

45 mins

**LES MILLS
PILATES**

CJ



12:15

MAIN
STUDIO

60 mins

BODYCOMBAT

JESSICA



13:30

MAIN
STUDIO

45 mins

LES MILLS DANCE

GEORGE



14:30

MAIN
STUDIO

60 mins

BODYJAM

GEORGE



*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.

NEW Les Mills Release

9 FF TAMPINES | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

09:00

MAIN
STUDIO

60 mins

BODYPUMP

BENJAMIN LAI



09:00

MIND
& BODY
STUDIO

60 mins

POWER YOGA

DAVID



10:15

MAIN
STUDIO

45 mins

**LES MILLS
SHAPES**

BENJAMIN LAI



10:15

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**

DAVID



11:30

MAIN
STUDIO

60 mins

STEP MOVES

AMY SEOW



11:30

MIND
& BODY
STUDIO

60 mins

PILATES

RENU



11:30

CYCLING
STUDIO

45 mins

RPM

JESSICA LEE



12:45

MAIN
STUDIO

60 mins

BODYPUMP

RENU



12:45

MIND
& BODY
STUDIO

60 mins

**GENTLE
FLOW YOGA**

AMY SEOW



14:00

MAIN
STUDIO

60 mins

BODYCOMBAT

RENU



*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.

NEW Les Mills Release

📍 FF WESTGATE | 1 JANUARY 2026

NEW YEAR SPECIAL CLASSES

NEW YEAR, NEW **LES MILLS** RELEASES

09:00

MAIN
STUDIO

60 mins

BODYATTACK
ZAKI



10:15

MAIN
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
LESTER



10:30

CYCLING
STUDIO

45 mins

RPM
SHUTING



11:30

MIND
STUDIO

45 mins

**STRENGTH
DEVELOPMENT**
LEO



12:30

MAIN
STUDIO

60 mins

BODYCOMBAT
JOHNSON



13:45

MAIN
STUDIO

60 mins

BODYJAM
JOANNE



*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.

NEW Les Mills Release