

VALENTINE'S WEEK SPECIAL | 9 - 14 FEBRUARY 2026

# SPEED DATING WORKOUTS

NOT your typical partner workout. Switch partners every round in a rotating workout format that keeps things exciting, challenging, and surprisingly fun!



**FF 100AM**

**11.02.2026**

**01  
00 PM**

**HIIT X STRENGTH**

45 minutes ♥ Marcus



**FF ANG MO KIO**

**10.02.2026**

**08  
00 AM**

**CIRCUIT**

60 minutes ♥ Nat



**FF BUGIS**

**11.02.2026**

**12  
15 PM**

**CIRCUIT**

45 minutes ♥ Jay



**FF CAPITAL TOWER**

**10.02.2026**

**07  
15 AM**

**HYROX POWER**

45 minutes ♥ Simon

\*Class schedule correct as at time of publication.

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**FF FUSIONOPOLIS**

**10.02.2026**

**07  
00 PM**

**BOOM**

45 minutes ♥ Miu



**FF JUNCTION 10**

**12.02.2026**

**05  
15 PM**

**HYROX ENGINE**

45 minutes ♥ Cheryl



**FF METROPOLIS**

**11.02.2026**

**06  
15 PM**

**HYROX  
FOUNDATIONAL**

45 minutes ♥ Chris Sim



**FF MAPLETREE**

**11.02.2026**

**12  
00 PM**

**CIRCUIT**

45 minutes ♥ Sherlin

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**FF MAPLETREE**

**12.02.2026**

**06  
15 PM**

**HYROX  
FOUNDATIONAL**  
45 minutes ♥ Ros



**FF ONE GEORGE STREET**

**13.02.2026**

**06  
10 PM**

**CIRCUIT**  
45 minutes ♥ Jo Tan



**FF ONE RAFFLES QUAY**

**09.02.2026**

**01  
00 PM**

**CIRCUIT**  
45 minutes ♥ Yeoh



**FF PARAGON**

**09.02.2026**

**06  
30 PM**

**CIRCUIT**  
45 minutes ♥ Yeoh

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**FF PAYA LEBAR**

**09.02.2026**

**07  
15 PM**

**CIRCUIT**

60 minutes ♥ Chris Chiam



**FF TAMPINES**

**09.02.2026**

**09  
45 AM**

**CIRCUIT**

60 minutes ♥ Karel



**FF WESTGATE**

**11.02.2026**

**06  
15 PM**

**HYROX  
FOUNDATIONAL**

45 minutes ♥ Emil



**FF WESTGATE**

**12.02.2026**

**12  
00 PM**

**CIRCUIT**

45 minutes ♥ Fang

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