

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.

For most updated class schedule and booking of classes please refer to the Fitness First SEA mobile app.

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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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