



SUPER POSE YOGA CLASSES

Strike a pose, win a prize! Join the Super Pose Yoga Challenge at the end of class for your chance to win special prizes.

Fri, 18 Sep 2026

**11
00** AM

FF TAMPINES

GENTLE FLOW YOGA

60 minutes by CHRISTINE TAN

**06
15** PM

FF PARAGON

HATHA YOGA

60 minutes by CHRISTINE TAN

**06
25** PM

FF 100AM

GENTLE FLOW YOGA

60 minutes by CHRISTOPHER LIM

**07
45** PM

FF FUSIONOPOLIS

BODYBALANCE

60 minutes by ETHAN

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.





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Sat, 19 Sep 2026

**08
20** AM

FF FUSIONOPOLIS

GENTLE FLOW YOGA

60 minutes by YUANJING

**10
00** AM

FF 100AM

HOT FLOW YOGA

60 minutes by LESTER LOW

**11
00** AM

FF TAMPINES

GENTLE FLOW YOGA

60 minutes by GEORGE

**03
15** PM

FF PARAGON

POWER YOGA

60 minutes by SERENA

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Sun, 20 Sep 2026

**11
15** AM

FF 100AM
YOGA CORE
60 minutes by JOEY KOH

**11
35** AM

FF FUSIONOPOLIS
BODYBALANCE
60 minutes by GEOFFREY

**01
30** PM

FF TAMPINES
DYNAMIC FLOW YOGA
60 minutes by LESTER

**03
15** PM

FF PARAGON
BODYBALANCE
60 minutes by JASPER

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