FF 100AM | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

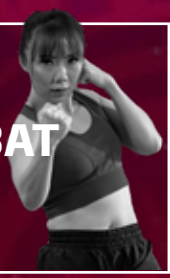
09:30 — MAIN STUDIO
45 mins
CIRCUIT
JAY



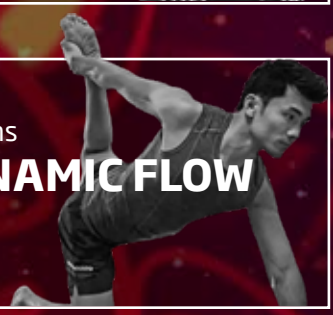
09:30 — MIND & BODY STUDIO
60 mins
HATHA YOGA
IAN



10:30 — MAIN STUDIO
60 mins
BODYCOMBAT
ADELINE GOH



10:45 — MIND & BODY STUDIO
60 mins
DYNAMIC FLOW
IAN



11:45 — MAIN STUDIO
60 mins
BODYPUMP
ADELINE GOH



12:00 — MIND & BODY STUDIO
60 mins
SOUND FLOW YOGA PLUS
HENRY



13:00 — MAIN STUDIO
75 mins
BODYCOMBAT
KENNETH TAN



13:15 — MIND & BODY STUDIO
60 mins
SOUND FLOW YOGA
HENRY



14:30 — MAIN STUDIO
60 mins
BODYSTEP
JASWIN



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FF ANG MO KIO HUB | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

09:00 — MIND & BODY STUDIO
60 mins
DYNAMIC FLOW
DESMOND ONG



09:15 — MAIN STUDIO
45 mins
LM STRENGTH DEVELOPMENT
FANG



10:00 — FREESTYLE AREA
45 mins
HYROX ENGINE
CHRISTINE CHIAM



10:15 — MAIN STUDIO
60 mins
BODYCOMBAT
FANG



10:15 — CYCLE ZONE
45 mins
RPM
ANDY



10:15 — MIND & BODY STUDIO
60 mins
SOUND FLOW YOGA PLUS
DESMOND ONG



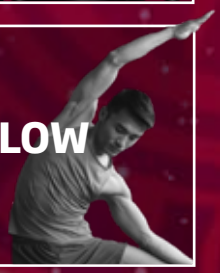
11:00 — FREESTYLE AREA
45 mins
HYROX COMPLETE
CHRISTINE CHIAM



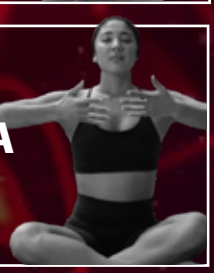
11:30 — MAIN STUDIO
60 mins
STEP MOVES
FIONA



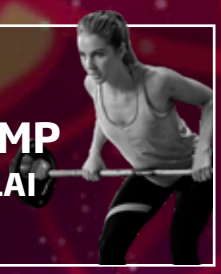
11:30 — MIND & BODY STUDIO
60 mins
GENTLE FLOW
CINDY



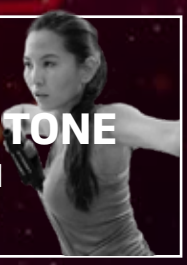
12:45 — MIND & BODY STUDIO
60 mins
YIN YOGA
CINDY



12:45 — MAIN STUDIO
60 mins
BODYPUMP
BENJAMIN LAI



14:00 — MAIN STUDIO
45 mins
LES MILLS TONE
BENJAMIN LAI



15:00 — MAIN STUDIO
60 mins
BODYPUMP
JIMMY TAN



16:15 — MAIN STUDIO
60 mins
BODYCOMBAT
JIMMY TAN



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FF BUGIS | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

10:00
MAIN STUDIO

60 mins
BODYCOMBAT
ALBERT



11:15
MAIN STUDIO

60 mins
BODYPUMP
ALBERT



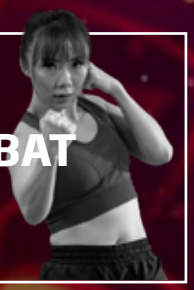
12:30
MAIN STUDIO

45 mins
LES MILLS CORE
SHUYI



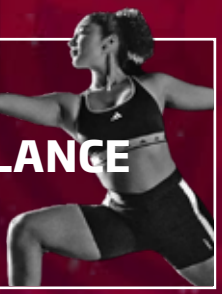
13:30
MAIN STUDIO

60 mins
BODYCOMBAT
JESSICA



14:45
MAIN STUDIO

60 mins
BODYBALANCE
CS



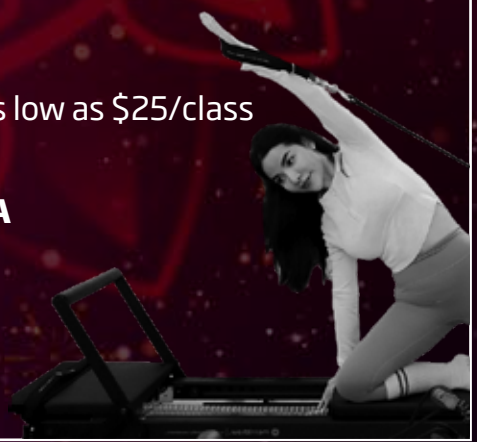
REFORMER PILATES

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

10:00
60 mins
By **SHERLIN**

11:30
60 mins
By **JOANNA**

13:30
60 mins
By **DAVID CHEW**



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FF FUSIONOPOLIS | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

09:00
MAIN STUDIO



45 mins
LES MILLS CEREMONY
RACHEL YEO

09:15
MIND & BODY STUDIO



60 mins
GENTLE FLOW
DAVID CHIN

10:00
MAIN STUDIO



60 mins
BODYPUMP
RACHEL YEO

10:30
MIND & BODY STUDIO



60 mins
DYNAMIC FLOW
DAVID CHIN

10:30
CYCLING STUDIO



60 mins
RPM
WEE BOON

11:15
MAIN STUDIO



60 mins
BODYCOMBAT
CHERYL

12:30
MAIN STUDIO



60 mins
BODYPUMP HEAVY
CHRIS SIM

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FF JUNCTION 10 | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

09:30
MAIN STUDIO

60 mins
BODYCOMBAT
JACKY



10:45
MAIN STUDIO

60 mins
TOTAL BODY CONDITIONING
JULIAN



11:00
CYCLING STUDIO

45 mins
RPM
ROBYN



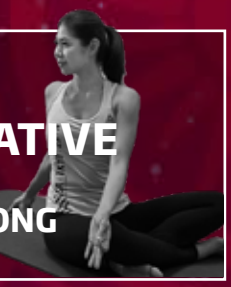
12:00
MAIN STUDIO

60 mins
BODYPUMP
ROBYN



13:15
MAIN STUDIO

60 mins
RESTORATIVE YOGA
DESMOND ONG



14:30
MAIN STUDIO

60 mins
SOUND FLOW YOGA PLUS
DESMOND ONG



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FF ONE GEORGE STREET | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

Bring on the beats and let the Deepavali celebrations shine with an epic lineup of back-to-back dance classes!

10:30
MAIN STUDIO

60 mins
LES MILLS DANCE
JOANNE CHUA



11:45
MAIN STUDIO

60 mins
BODYJAM
VIVI K.



13:00
MAIN STUDIO

60 mins
DANCE MOVES
VIVI K.



14:15
MAIN STUDIO

60 mins
ZUMBA
AMALIA



Dance Marathon Special

Class schedule is correct as at time of publication.
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FF ONE RAFFLES QUAY | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

09:00
MAIN STUDIO

60 mins
BODYPUMP
YINSHI



10:10
MAIN STUDIO

60 mins
BODYCOMBAT
JASPER



10:15
CYCLING STUDIO

45 mins
RPM
YINSHI



10:10
MIND & BODY STUDIO

60 mins
BODYBALANCE
REGINA



11:20
MIND & BODY STUDIO

60 mins
YIN YOGA
REGINA



11:20
MAIN STUDIO

60 mins
CIRCUIT
JAY



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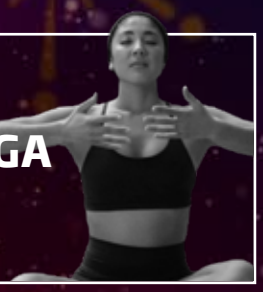
FF PARAGON | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

09:00 | STUDIO TWO
60 mins
DYNAMIC FLOW
AARON H



10:15 | STUDIO TWO
60 mins
YIN YOGA
AARON H



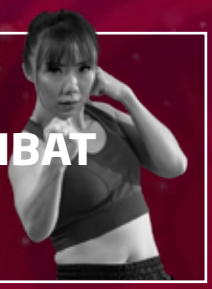
10:15 | MAIN STUDIO
60 mins
BODYPUMP HEAVY
YEOH



11:30 | MAIN STUDIO
60 mins
BODYPUMP
AARON H



11:30 | STUDIO TWO
60 mins
BODYCOMBAT
MIU



12:45 | MAIN STUDIO
45 mins
LES MILLS CORE
MIU



11:30 | CYCLING STUDIO
45 mins
RPM
YEOH



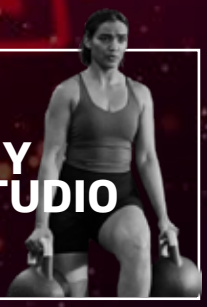
11:30 | FREESTYLE AREA
45 mins
HYROX FOUNDATIONAL
GARY



12:45 | STUDIO TWO
60 mins
BODYATTACK
JASALIN



14:00 | MAIN STUDIO
45 mins
CEREMONY HYROX STUDIO
JASALIN



15:00 | MAIN STUDIO
60 mins
BODYSTEP
BRIAN



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FF PAYA LEBAR | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

09:30
MAIN STUDIO



45 mins
LM STRENGTH DEVELOPMENT
BENEDICT

10:30
MAIN STUDIO



60 mins
BODYPUMP
NATHANIEL

11:45
MAIN STUDIO



60 mins
BODYCOMBAT
YI RU

13:00
MAIN STUDIO



45 mins
LM FUNCTIONAL STRENGTH
YI RU

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FF TAMPINES | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

Bring on the beats and let the Deepavali celebrations shine with an epic lineup of back-to-back dance classes!

09:00 | MAIN STUDIO
60 mins
KPOPX FITNESS
ANGELYN



09:00 | MIND & BODY STUDIO
60 mins
RHYTHMIC YOGA (BEGINNER)
LESTER



09:00 | FREESTYLE AREA
45 mins
HYROX ENGINE
JIA YEAN



10:15 | FREESTYLE AREA
45 mins
HYROX FOUNDATIONAL
LEO



10:15 | MIND & BODY STUDIO
60 mins
RHYTHMIC YOGA (INTERMEDIATE)
LESTER



10:15 | CYCLING STUDIO
45 mins
RPM
JIA YEAN



10:30 | MAIN STUDIO
45 mins
LES MILLS DANCE
NAILA



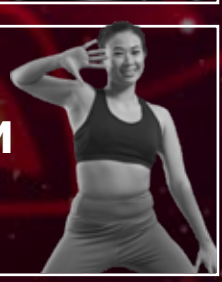
11:30 | FREESTYLE AREA
45 mins
HYROX COMPLETE
LEO



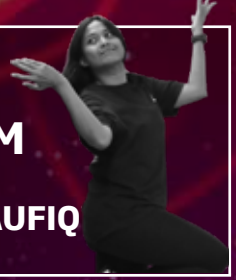
11:30 | MIND & BODY STUDIO
60 mins
RHYTHMIC YOGA (ADVANCED)
LESTER



11:30 | MAIN STUDIO
60 mins
BODYJAM
FLASHBACK
LEE TONG



12:45 | MAIN STUDIO
60 mins
BODYJAM
NEW ERA
NAILA & TAUFIQ



14:00 | MAIN STUDIO
60 mins
DANCE MOVES
LOUIS SHEN



15:15 | MAIN STUDIO
60 mins
ZUMBA
MIYA



Dance Marathon Special

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FF WESTGATE | 9 NOVEMBER 2026

DEEPAVALI SPECIAL CLASSES

09:00
MAIN STUDIO

60 mins
BODYCOMBAT
LIK MING



10:15
MAIN STUDIO

45 mins
LM STRENGTH DEVELOPMENT
BRIAN TEO



10:30
CYCLING STUDIO

45 mins
RPM
KATHERINE



11:15
MAIN STUDIO

60 mins
BODYSTEP
BRIAN TEO



12:30
MAIN STUDIO

60 mins
SOUND FLOW YOGA PLUS
KAIXIN



13:45
MAIN STUDIO

60 mins
PILATES
KAIXIN



15:00
MAIN STUDIO

60 mins
BODYATTACK
GORDON



16:15
MAIN STUDIO

45 mins
LES MILLS HATHA
LUCAS



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