



DEEPAVALI SPECIAL CLASSES

100AM

MAIN STUDIO

10:00AM - 11:00AM	BODYPUMP	GERALD NG
11:15AM - 12:15PM	BODYCOMBAT	JUN WEI
12:30PM - 01:30PM	ZUMBA	MUS
01:45PM - 02:45PM	BODYPUMP	PRIYA
03:00PM - 04:00PM	BODYCOMBAT	PRIYA

MIND & BODY STUDIO

10:00AM - 11:00AM	VINYASA YOGA	AARON H
11:15AM - 12:15PM	YIN YOGA	AARON H
12:30PM - 01:30PM	SINGING BOWL	AARON H



DEEPAVALI SPECIAL CLASSES

ANG MO KIO

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	CHRISTOPHER SIM
10:15AM - 11:15AM	BODYCOMBAT	JO TAN
11:30AM - 12:30PM	CIRQHIIT TRANSFORM	JO TAN
12:45PM - 01:45PM	ZUMBA	AMILIA & JULIAN

MIND & BODY STUDIO

09:00AM - 10:00AM	GENTLE FLOW YOGA	JOSEPHINE LIM
10:15AM - 11:15AM	DYNAMIC FLOW YOGA	JOSEPHINE LIM
11:30AM - 12:30PM	BODYBALANCE	JULIAN
12:45PM - 01:45PM	PILATES	KAIXIN

CYCLING STUDIO

11:00AM - 11:50AM	RPM	CHRISTINA CHIN
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DEEPAVALI SPECIAL CLASSES

BUGIS

MAIN STUDIO

10:00AM - 10:45AM	LES MILLS CORE	CJ
11:00AM - 12:00PM	BODYPUMP	CJ
12:15PM - 01:15PM	BODYCOMBAT	NICHOLAS MAK
01:30PM - 02:30PM	BODYJAM	LUCAS
02:45PM - 03:45PM	LES MILLS DANCE	EUGENE

CLEMENTI

MAIN STUDIO

09:00AM - 10:00AM	BODYCOMBAT	JANICE
10:15AM - 11:15AM	BODYATTACK	MERVYN
11:30AM - 12:30PM	BODYPUMP	TING WEI
12:45PM - 01:45PM	HATHA YOGA	SHERLIN
02:00PM - 03:00PM	SINGING BOWL	SHERLIN



DEEPAVALI SPECIAL CLASSES

FUSIONOPOLIS

MAIN STUDIO

08:45AM - 09:45AM	BODYPUMP	WYATT
10:00AM - 11:00AM	BODYCOMBAT	WYATT
11:15AM - 12:15PM	BODYATTACK	RON
12:30PM - 01:30PM	ZUMBA	CHARLOTTE

MIND & BODY STUDIO

09:00AM - 10:00AM	SCULPT & STRETCH	NICHOLAS
10:15AM - 11:15AM	PILATES	NICHOLAS

CYCLING STUDIO

10:00AM - 10:45AM	RPM	SHARIFAH
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DEEPAVALI SPECIAL CLASSES

JUNCTION 10

MAIN STUDIO

09:10AM - 10:00AM

KPOPX® FITNESS

MADDY

10:15AM - 11:15AM

BODYPUMP

NATHANIEL

11:30AM - 12:30PM

BODYCOMBAT

CHERYL

12:45PM - 01:45PM

HATHA YOGA

YUAN JING

CYCLING STUDIO

09:00AM - 10:00AM

RPM 60

JENNIFER CHEN

FREESTYLE AREA

12:45PM - 01:30PM

NAK MUAY 45

CHERYL



DEEPAVALI SPECIAL CLASSES

MARKET STREET MAIN STUDIO

09:00AM - 10:00AM	CIRCUIT	FERNIE
10:15AM - 11:15AM	BODYATTACK	ALBERT
11:30AM - 12:30PM	BODYPUMP	BENJAMIN L.
12:45PM - 01:45PM	BODYCOMBAT	FANG

MIND & BODY STUDIO

02:00PM - 03:00PM	SOUND WITH STRETCH	SAN L.
03:15PM - 04:15PM	SOUND	SAN L.

CYCLING STUDIO

10:15AM - 11:00AM	RPM	GERALD
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VAULT

02:00PM - 02:45PM	NAK MUAY 45	FANG
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DEEPAVALI SPECIAL CLASSES

ONE GEORGE STREET

MAIN STUDIO

10:00AM - 11:00AM	BODYPUMP	YEOH
11:10AM - 12:05PM	BODYCOMBAT	YEOH
12:15PM - 01:00PM	CIRCUIT	YEOH
03:00PM - 04:00PM	BODYJAM	TAUFIQ

PAYA LEBAR

MAIN STUDIO

10:00AM - 11:00AM	BODYATTACK	MERVYN
11:15AM - 12:15PM	LES MILLS TONE	MERVYN
12:30PM - 01:30PM	BODYPUMP	NICKY
01:45PM - 02:45PM	BODYCOMBAT	NICKY
03:00PM - 04:00PM	BODYBALANCE	CS



DEEPAVALI SPECIAL CLASSES

PARAGON

MAIN STUDIO

09:00AM - 10:00AM	STEPMOVES	FIONA
10:15AM - 11:15AM	BODYPUMP	LOKIES
11:30AM - 12:30PM	ZUMBA	TIMOTHY
12:45PM - 01:45PM	BODYPUMP	GERALD NG

MIND & BODY STUDIO

09:00AM - 10:00AM	PILATES	MELISSA
10:15AM - 11:15AM	BODYBALANCE	PRIYA
11:30AM - 12:30PM	BODYCOMBAT	PRIYA
12:45PM - 01:45PM	BODYATTACK	JASALIN

CYCLING STUDIO

10:00AM - 10:45AM	RPM	VIVIEN
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DEEPAVALI SPECIAL CLASSES

TAMPINES MAIN STUDIO

09:15AM - 10:00AM	CIRQHIT TRANSFORM	EDWIN KO
10:15AM - 11:15AM	BODYSTEP	EDWIN KO
11:30AM - 12:15PM	LES MILLS DANCE	EUGENE NG
12:45PM - 01:45PM	BODYPUMP	PRISCILLA
02:00PM - 03:00PM	BODYCOMBAT	PRISCILLA

MIND & BODY STUDIO

09:00AM - 10:00AM	YOGA	FELICIA TOH
10:15AM - 11:15AM	PILATES	FELICIA TOH
11:30AM - 12:30PM	YIN YOGA	SEAN LOW

CYCLING STUDIO

11:30AM - 12:15PM	RPM	ALAN YAP
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FREESTYLE AREA

11:30AM - 12:15PM	NAK MUAY 45	PRISCILLA
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DEEPAVALI SPECIAL CLASSES

WESTGATE MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	BENJI
10:15AM - 11:15AM	BODYSTEP	BRIAN & BENJI
11:30AM - 12:30PM	ZUMBA	AMY
12:45PM - 01:45PM	BODYBALANCE	AMY
02:00PM - 03:00PM	BODYCOMBAT	LIK MING

CYCLING STUDIO

10:30AM - 11:15AM	RPM	ROBYN
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