

📍 FF 100AM

# GOOD FRIDAY SPECIAL CLASS

Exclusively on 18 April 2025

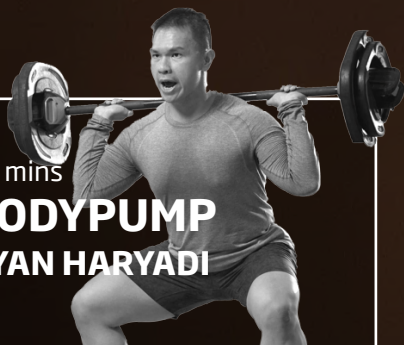
A special 90-min extended class for those who love a challenge. Enjoy extra time to push past your boundaries build endurance, and have even more fun! Ideal for those with prior experience.

09:45

MAIN  
STUDIO

60 mins

**BODYPUMP**  
RYAN HARYADI



09:45

MIND  
& BODY  
STUDIO

60 mins

**HATHA YOGA**  
DAVID



11:00

MAIN  
STUDIO

60 mins

**BODYCOMBAT**  
NICHOLAS MAK

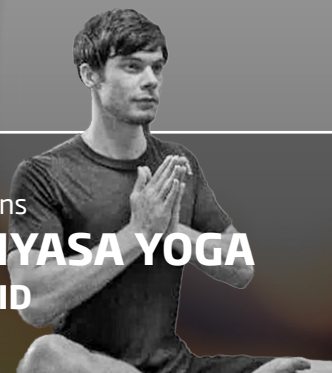


11:00

MIND  
& BODY  
STUDIO

60 mins

**VINYASA YOGA**  
DAVID



12:15

MAIN  
STUDIO

90 mins

**BODYJAM**  
*Neon Glow Party*  
**ANGELINA & IAN JASMAN**



\*Class schedule correct as at time of publication.  
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classes please refer to the Fitness First SEA mobile app.



90-min Special Class

📍 FF AMK HUB

# GOOD FRIDAY SPECIAL CLASS

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09:00

MIND  
& BODY  
STUDIO

60 mins

YIN YOGA  
SEAN



10:15

MIND  
& BODY  
STUDIO

60 mins

BODYBALANCE  
SEAN



09:00

MAIN  
STUDIO

60 mins

BODYPUMP  
ROYSTON



10:15

MAIN  
STUDIO

60 mins

BODYCOMBAT  
ROYSTON



10:30

CYCLING  
STUDIO

45 mins

RPM  
VIVIEN



11:30

MAIN  
STUDIO

90 mins

ZUMBA  
JULIAN & AMILIA



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90-min Special Class

📍 FF BUGIS

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09:45

MAIN  
STUDIO

60 mins

**BODYPUMP**  
**YU YONG**



11:00

MAIN  
STUDIO

60 mins

**BODYBALANCE**  
**AMY**



12:15

MAIN  
STUDIO

90 mins

**BODYJAM**  
**AMY**



14:00

MAIN  
STUDIO

45 mins

**BODYCOMBAT**  
**WYATT**



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90-min Special Class

📍 FF FUSIONOPOLIS

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08:30

MAIN  
STUDIO

60 mins

**BODYPUMP**  
WYATT

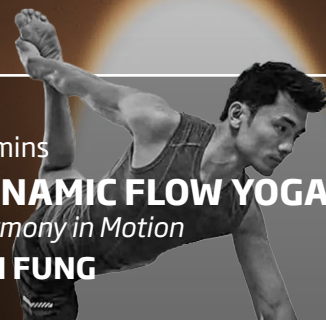


09:00

MIND  
& BODY  
STUDIO

60 mins

**DYNAMIC FLOW YOGA**  
*Harmony in Motion*  
IAN FUNG



09:45

MAIN  
STUDIO

60 mins

**BODYCOMBAT**  
WYATT



10:15

MAIN  
STUDIO

60 mins

**HOT FLOW YOGA**  
*Ignite Your Inner Fire*  
IAN FUNG



11:00

CYCLING  
STUDIO

45 mins

**LES MILLS CORE**  
GLENN



11:15

BOX & BURN  
ZONE

45 mins

**BOOM**  
EDDIE TAN



12:00

CYCLING  
STUDIO

90 mins

**RPM**  
GLENN



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90-min Special Class

📍 FF JUNCTION 10

# GOOD FRIDAY SPECIAL CLASS

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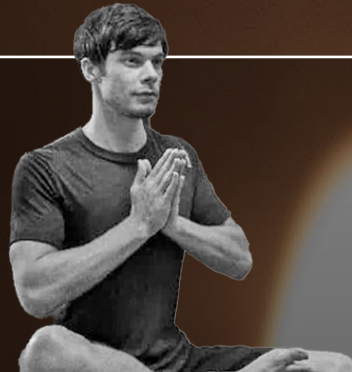
A special 90-min extended class for those who love a challenge. Enjoy extra time to push past your boundaries build endurance, and have even more fun! Ideal for those with prior experience.

**10:15**

**MAIN  
STUDIO**

60 mins

**HATHA YOGA  
DESMOND ONG**



**10:30**

**CYCLING  
STUDIO**

45 mins

**RPM  
KATHERINE**



**11:30**

**MAIN  
STUDIO**

60 mins

**BODYPUMP  
KATHERINE**



**12:45**

**MAIN  
STUDIO**

90 mins

**BODYCOMBAT  
KATHERINE & JASMIN**



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90-min Special Class

📍 FF MARKET STREET

# GOOD FRIDAY SPECIAL CLASS

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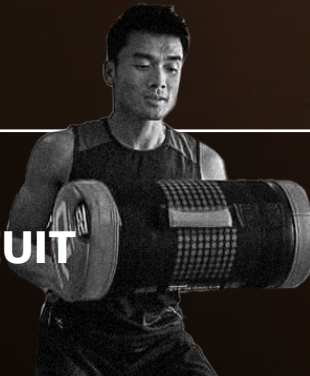
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**08:30**

**MAIN  
STUDIO**

45 mins

**CIRCUIT  
YEOH**

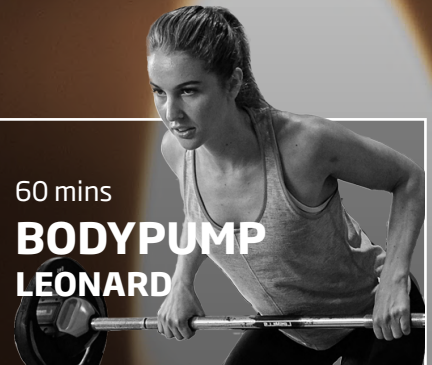


**09:30**

**MAIN  
STUDIO**

60 mins

**BODYPUMP  
LEONARD**



**09:30**

**CYCLING  
STUDIO**

45 mins

**RPM  
YEOH**



**10:45**

**MAIN  
STUDIO**

45 mins

**LES MILLS TONE  
LEONARD**



**12:00**

**MAIN  
STUDIO**

90 mins

**BODYCOMBAT  
JASPER**



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90-min Special Class

📍 FF ONE GEORGE STREET

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10:30

MAIN  
STUDIO

60 mins

**STEP LEVEL 1**  
**FIONA**



12:00

MAIN  
STUDIO

90 mins

**STEP LEVEL 2**  
**FIONA**



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90-min Special Class

📍 FF PARAGON

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09:00

MIND  
& BODY  
STUDIO

60 mins

**BODYBALANCE**  
KELVIN CHAI



10:15

MIND  
& BODY  
STUDIO

60 mins

**BODYATTACK**  
BHAS

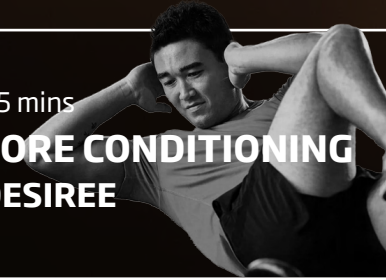


10:15

MAIN  
STUDIO

45 mins

**CORE CONDITIONING**  
DESIREE



11:30

MAIN  
STUDIO

90 mins

**BODYPUMP**  
MINGFEI & BHAS

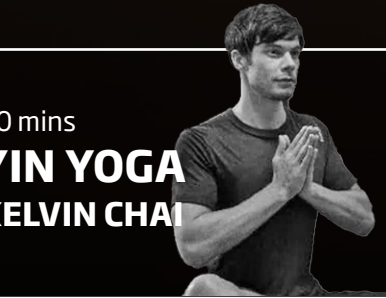


11:30

MIND  
& BODY  
STUDIO

60 mins

**YIN YOGA**  
KELVIN CHAI



11:30

CYCLING  
STUDIO

45 mins

**RPM**  
CAROL



13:15

MAIN  
STUDIO

45 mins

**LES MILLS DANCE**  
EUGENE



13:15

MIND  
& BODY  
STUDIO

60 mins

**BODYCOMBAT**  
MINGFEI



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90-min Special Class



📍 FF PAYA LEBAR

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09:00

60 mins

MAIN  
STUDIO

**BODYPUMP**  
CJ



10:15

45 mins

MAIN  
STUDIO

**LES MILLS CORE**  
CJ & LOUIS QUAH



11:30

60 mins

MAIN  
STUDIO

**BODYPUMP**  
PRISCILLA



12:45

90 mins

MAIN  
STUDIO

**BODYCOMBAT**  
PRISCILLA & LOUIS QUAH



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90-min Special Class

📍 FF TAMPINES

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**09:00**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
YI RU



**09:00**  
MIND & BODY STUDIO

60 mins  
**PILATES**  
ELAINE TE




**10:15**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
BENJAMIN LAI




**10:15**  
MIND & BODY STUDIO

60 mins  
**BODYBALANCE**  
YI RU



**11:30**  
MAIN STUDIO

45 mins  
**LES MILLS TONE**  
BENJAMIN LAI



**11:30**  
MIND & BODY STUDIO

60 mins  
**GENTLE FLOW YOGA**  
GEORGE



**12:45**  
MAIN STUDIO

45 mins  
**LES MILLS DANCE**  
GEORGE



★ **12:45**  
CYCLING STUDIO

90 mins  
**RPM**  
KARLMAL & SHU TING



**14:00**  
MAIN STUDIO

60 mins  
**BODYJAM**  
GEORGE



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★ | 90-min Special Class

📍 FF WESTGATE

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**09:00**  
MAIN STUDIO

60 mins  
**BODYJAM**  
JOANNE



**09:00**  
SWIMMING POOL

45 mins  
**H2O FLOW**  
SHERLIN



**10:00**  
SWIMMING POOL

30 mins  
**H2O HIIT**  
SHERLIN



**10:15**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
BENJI




**10:30**  
CYCLING STUDIO

45 mins  
**RPM**  
SHARIFAH




**11:30**  
MAIN STUDIO

60 mins  
**BODYSTEP**  
BENJI



**12:45**  
MAIN STUDIO

90 mins  
**BODYCOMBAT**  
LIK MING & JESSICA TAN



**14:30**  
MAIN STUDIO

60 mins  
**DYNAMIC FLOW YOGA**  
CINDY



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★ | 90-min Special Class