

📍 FF 100AM

HARI RAYA SPECIAL CLASS

Exclusively on 31 March 2025

Introducing the Special Ketupat Class - a unique experience that wraps two dynamic classes into one, just like how a ketupat weaves together its flavourful layers!

09:30

MAIN
STUDIO

60 mins
BODYPUMP
AGUS



09:30

MIND
& BODY
STUDIO

60 mins
GENTLE FLOW YOGA
IAN FUNG



10:45

MAIN
STUDIO

60 mins
BODYCOMBAT + BODYBALANCE
AGUS + JASPER



10:45

MIND
& BODY
STUDIO

60 mins
VINYASA YOGA
IAN FUNG



12:00

MAIN
STUDIO

60 mins
BODYATTACK
BRYAN TAN



14:30

MAIN
STUDIO

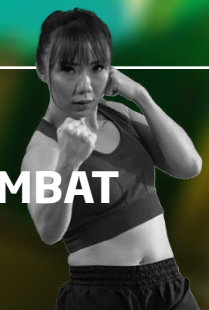
60 mins
BODYPUMP
ROYSTON



15:45

MAIN
STUDIO

60 mins
BODYCOMBAT
ROYSTON



*Class schedule correct as at time of publication.
For most updated class schedule and booking of
classes please refer to the Fitness First mobile app.



Special Ketupat Class

📍 FF 321 CLEMENTI


HARI RAYA SPECIAL CLASS

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09:00
MAIN STUDIO

60 mins
BODYBALANCE
JOEY TAY




10:15
MAIN STUDIO

60 mins
**BODYATTACK
BODYPUMP**
GORDON + LEO




11:30
MAIN STUDIO

60 mins
BODYJAM
JACLYN



12:45
MAIN STUDIO

60 mins
YOGA CORE
JOEY KOH



14:00
MAIN STUDIO

60 mins
BODYCOMBAT
LIK MING



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09:00

MAIN
STUDIO

60 mins

CIRCUIT + SUSPENSION EXERCISE
BEN TANG + JULIAN



09:00

MIND
& BODY
STUDIO

60 mins

PILATES
KAIXIN



10:15

MAIN
STUDIO

60 mins

BODYPUMP
JULIAN



10:15

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
KAIXIN



10:30

CYCLING
STUDIO

60 mins

RPM
CHRISTINA CHIN



11:30

MIND
& BODY
STUDIO

60 mins

BODYBALANCE
JULIAN



11:30

MAIN
STUDIO

60 mins

BODYCOMBAT
BEN TANG



12:45

MIND
& BODY
STUDIO

60 mins

FITBALL
JULIAN



12:45

MAIN
STUDIO

60 mins

ZUMBA
AMILIA



14:00

MAIN
STUDIO

60 mins

BODYCOMBAT
RYAN LOW



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Special Ketupat Class

📍 FF BUGIS

HARI RAYA SPECIAL CLASS

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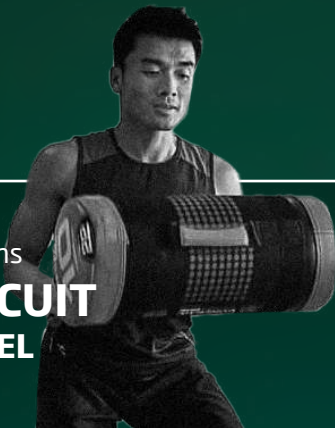
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10:00

MAIN
STUDIO

60 mins

**CIRCUIT
KAREL**



11:15

MAIN
STUDIO

60 mins

**BODYPUMP + BODYCOMBAT
KAREL + NATHANIEL**



12:30

MAIN
STUDIO

60 mins

**BODYCOMBAT
YIRU**



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Special Ketupat Class

📍 FF FUSIONOPOLIS

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08:45

MAIN
STUDIO

60 mins

BODYPUMP
BENEDICT SIM



09:00

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
Introduction to Inversion
YUAN JING



10:00

CYCLING
STUDIO

60 mins

RPM 60
LENNART



10:00

MAIN
STUDIO

60 mins

BODYPUMP + BODYCOMBAT
BENEDICT SIM + NICKY



10:15

MIND
& BODY
STUDIO

60 mins

VINYASA YOGA
Inversion
YUAN JING



11:15

MAIN
STUDIO

60 mins

BODYCOMBAT
NICKY



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Special Ketupat Class

📍 FF JUNCTION 10

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10:00

MAIN
STUDIO

60 mins

BODYJAM + LES MILLS DANCE
JOANNE CHUA + RYAN ONG



11:15

MAIN
STUDIO

50 mins

KPOPX
ANGELYN



12:30

MAIN
STUDIO

60 mins

BODYPUMP
SHUMIN



12:30

CYCLING
STUDIO

45 mins

RPM
VON



13:45

MAIN
STUDIO

60 mins

BODYCOMBAT
YOKE SUN



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Special Ketupat Class

📍 FF MARKET STREET

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09:00

**CYCLING
STUDIO**

45 mins

**RPM
FERNIE**



10:00

**MIND
& BODY
STUDIO**

60 mins

**CORE
CONDITIONING
CHRIS LIM**




10:00

**MAIN
STUDIO**

60 mins

CIRCUIT + LES MILLS TONE

Raya Combo

FERNIE + KESTER



11:10

**MIND
& BODY
STUDIO**

90 mins

**HATHA YOGA
CHRIS LIM**



11:45

**FREESTYLE
AREA**

45 mins

**HYROX ENGINE
KESTER**



12:00

**MAIN
STUDIO**

60 mins

**BODYPUMP
ROYSTON**



12:10

**MAIN
STUDIO**

45 mins

**BODYCOMBAT
ROYSTON**



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Special Ketupat Class

📍 FF ONE GEORGE STREET

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10:45

MAIN
STUDIO

60 mins

BODYATTACK
GLENN



12:00

MAIN
STUDIO

60 mins

BODYSTEP + LES MILLS DANCE

Raya Combo

GLENN + EUGENE



13:15

MAIN
STUDIO

60 mins

BODYPUMP

MING FEI



14:30

MAIN
STUDIO

45 mins

BODYCOMBAT

MING FEI



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Special Ketupat Class

📍 FF PARAGON

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09:00

CYCLING
STUDIO

60 mins

RPM 60
GLENN



09:00

MIND
& BODY
STUDIO

60 mins

BODYCOMBAT
KENNETH



09:00

MAIN
STUDIO

30 mins

**LES MILLS GRIT
ATHLETIC**
BRYAN WONG



09:35

MAIN
STUDIO

30 mins

**LES MILLS GRIT
STRENGTH**
BRYAN WONG



10:15

MIND
& BODY
STUDIO

60 mins

BODYATTACK + BODYBALANCE
DOEY + CARRICK



10:15

MAIN
STUDIO

60 mins

ZUMBA
MIYA



11:30

MAIN
STUDIO

60 mins

BODYPUMP
CARRICK



11:45

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
DESMOND ONG



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📍 FF PAYA LEBAR

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09:00

**MAIN
STUDIO**

60 mins

**BODYPUMP
MING FEI**



10:15

**MAIN
STUDIO**

60 mins

**BODYCOMBAT + LES MILLS DANCE
MING FEI + GEORGE**



11:30

**MAIN
STUDIO**

60 mins

**BODYJAM
GEORGE**



12:45

**MAIN
STUDIO**

60 mins

**BODYCOMBAT
PRISCILLA**



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Special Ketupat Class

📍 FF TAMPINES

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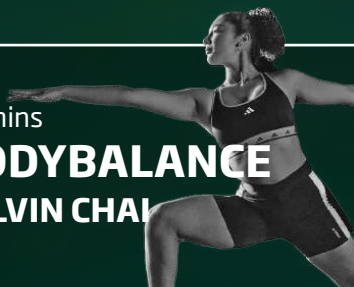
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09:00

MIND
& BODY
STUDIO

60 mins

BODYBALANCE
KELVIN CHAI



09:00

MAIN
STUDIO

45 mins

**CIRQHIIT
TRANSFORM**
EDWIN KO



10:15

MAIN
STUDIO

60 mins

BODYPUMP + BODYSTEP
LEONARD ONG + EDWIN KO



10:15

MIND
& BODY
STUDIO

60 mins

YIN YOGA
KELVIN CHAI



10:15

CYCLING
STUDIO

45 mins

RPM
JOANNA



11:30

MIND
& BODY
STUDIO

60 mins

**DYNAMIC FLOW
YOGA**
JOANNA



11:30

MAIN
STUDIO

45 mins

LES MILLS TONE
LEONARD ONG
EDWIN KO



12:45

MAIN
STUDIO

45 mins

LES MILLS DANCE
JOANNA



14:00

MAIN
STUDIO

60 mins

BODYCOMBAT
MIU



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Special Ketupat Class

📍 FF WESTGATE

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09:00

MAIN
STUDIO

60 mins

**CORE
CONDITIONING**
DESIREE



09:00

SWIMMING
POOL

45 mins

H2O HIIT
VON



10:15

MAIN
STUDIO

60 mins

BODYPUMP + BODYSTEP
BENJI + BRIAN



10:30

CYCLING
STUDIO

45 mins

RPM
VON



11:30

MAIN
STUDIO

60 mins

BODYCOMBAT
LOUIS QUAH



12:45

MAIN
STUDIO

60 mins

HATHA YOGA
YINGKAI



14:15

MAIN
STUDIO

45 mins

LES MILLS DANCE
EUGENE NG



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