

FF MARKET STREET

10 JULY 2025

06 45_{РМ} **RPM #106**

45 minutes

06 45_{рм} **BODYPUMP #133**

60 minutes

08 00_{РМ} **BODYATTACK #128**

60 minutes

11 JULY 2025

06 45_{РМ} **BODYBALANCE #108**

60 minutes

06 45_{рм} **BODYCOMBAT#103**

60 minutes

08 00_{РМ} **BODYJAM #112**

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



10 JULY 2025

06 45_{PM}

BODYPUMP #133

60 minutes

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LesMills LAUNCH JULY 2025



10 JULY 2025

06 45_{PM} 60 minutes

BODYPUMP #133

OOPM 60 minutes

BODYATTACK #128

11 JULY 2025

BODYCOMBAT #103

60 minutes

BODYJAM #112

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LesMills LAUNCH JULY 2025

FF ANG MO KIO

12 JULY 2025

BODYPUMP #133

60 minutes

BODYSTEP #139

5 AM 60 minutes

RPM #106

45 minutes

DAM

BODYATTACK #128

60 minutes

BODYCOMBAT #103

60 minutes

BODYBALANCE #108

60 minutes

LES MILLS TONE #29

45 minutes

30PM 45 minutes

LES MILLS CORE #58

04 **45**PM **LES MILLS DANCE #8**

45 minutes

06

BODY|AM #112

60 minutes

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FF ANG MO KIO

13 JULY 2025

LES MILLS TONE #29

L5 AM 45 minutes

10 LES MILLS CORE #58

L5 AM 45 minutes

BODYBALANCE #108

15 AM 60 minutes

11 RPM #106 30 AM 45 minutes

11 BODYSTEP #139

30 AM 60 minutes

12 | **BODYATTACK #128**

45PM 60 minutes

02 | LES MILLS DANCE #8

15 PM | 45 minutes

BODYJAM #112

15 PM 60 minutes

04 BODYPUMP #133

30 PM 60 minutes

06 BODYCOMBAT #103

OOPM 60 minutes

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12 JULY 2025

09 | **BODYPUMP #133**

DOAM 60 minutes

10 BODYSTEP #139

15 AM 60 minutes

10 RPM #106

30 AM 45 minutes

11 | **BODYATTACK** #128

30 AM 60 minutes

12 BODYCOMBAT #103

45PM 60 minutes

02 BODYBALANCE #108

OOPM 60 minutes

02 | LES MILLS TONE #29

15 PM 45 minutes

03 LES MILLS CORE #58

30PM 45 minutes

04 LES MILLS DANCE #8

45PM 45 minutes

06 BODYJAM #112

JUPM | 60 minutes

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13 JULY 2025

09 LES MILLS TONE #29

15 AM 45 minutes

10 | LES MILLS CORE #58

15 AM 45 minutes

10 BODYBALANCE #108

15 AM 60 minutes

11 RPM #106

30 AM 45 minutes

BODYSTEP #139

30 AM 60 minutes

12 BODYATTACK #128

45PM 60 minutes

02 LES MILLS DANCE #8

15 PM 45 minutes

03 | **BODYJAM #112**

15 PM 60 minutes

04 **BODYPUMP #133**

30PM 60 minutes

BODYCOMBAT #103

OOPM 60 minutes

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LesMills LAUNCH JULY 2025



FF JUNCTION 10

12 JULY 2025

BODYPUMP #133

60 minutes

BODYSTEP #139

60 minutes

RPM #106

45 minutes

BODYATTACK #128

60 minutes

BODYCOMBAT #103

60 minutes

LES MILLS TONE #2

45 minutes

LES MILLS CORE #58

45 minutes

04

LES MILLS DANCE #8

45 minutes

BODYJAM #112

60 minutes

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13 JULY 2025

09 15_{AM} **LES MILLS TONE #29**

45 minutes

10 15_{AM} **LES MILLS CORE #58**

45 minutes

11 30_{AM} **RPM #106**

45 minutes

11 30_{AM} **BODYSTEP #139**

60 minutes

12 45_{PM} **BODYATTACK #128**

60 minutes

02 15_{рм} **LES MILLS DANCE #8**

45 minutes

03 15_{PM} **BODYJAM #112**

60 minutes

04 30_{рм}

BODYPUMP #133

60 minutes

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