

LES MILLS

LAUNCH JULY 2025



FF MARKET STREET

10 JULY 2025

06
45 PM

RPM #106

45 minutes

06
45 PM

BODYPUMP #133

60 minutes

08
00 PM

BODYATTACK #128

60 minutes

11 JULY 2025

06
45 PM

BODYBALANCE #108

60 minutes

06
45 PM

BODYCOMBAT #103

60 minutes

08
00 PM

BODYJAM #112

60 minutes

*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.

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FF ANG MO KIO

12 JULY 2025

09
00 AM

BODYPUMP #133

60 minutes

10
15 AM

BODYSTEP #139

60 minutes

10
30 AM

RPM #106

45 minutes

11
30 AM

BODYATTACK #128

60 minutes

12
45 PM

BODYCOMBAT #103

60 minutes

02
00 PM

BODYBALANCE #108

60 minutes

02
15 PM

LES MILLS TONE #29

45 minutes

03
30 PM

LES MILLS CORE #58

45 minutes

04
45 PM

LES MILLS DANCE #8

45 minutes

06
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BODYJAM #112

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LES MILLS CORE #58

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