

LES MILLS

17 AUG 24

WEEKEND PARTY

 FITNESS FIRST PARAGON

MAIN STUDIO

9.00AM - 10.30AM

BODYPUMP **Workshop & Class**

BEN LAI, KAREL

10.45AM - 11.30AM

BODYSTEP **Classic**

GLENN, JEAN

12.00PM - 1.00PM

BODYSTEP **Functional**

ZAKI, ALWIN

1.15PM - 2.15PM

BODYPUMP **B&J: Ice-Cream Colours**

BHAS, JACELYN

2.30PM - 3.30PM

BODYJAM **United**

BEN NING, VIVI

3.45PM - 4.30PM

LES MILLS DANCE **Jersey Danceout**

NAT, PAO PAO

6.00PM - 8.00PM

LES MILLS DANCE & BODYJAM
DANCE PARTY

RYAN, CLARENCE,
ANITA

MIND & BODY STUDIO

9.00AM - 10.30AM

BODYCOMBAT **Workshop & Class**

FANG, LIK MING

10.45AM - 12.15PM

BODYATTACK **Workshop & Class**

ALBERT W, BYRAN TAN

12.30PM - 1.30PM

BODYCOMBAT **Showdown**

NICKY, NAT

1.45PM - 2.45PM

BODYBALANCE
Celebration of Our Journeys

KESTER, JOEL

3.00PM - 4.00PM

Best of BODYATTACK

BHAS, KENNY

6.00PM - 8.00PM

BODYCOMBAT
FIGHT CLUB

ROYSTON, MINGFEI,
NICHOLAS M

CYCLING STUDIO

9.00AM - 12.00PM

RPM **Tour**

MICH, ALAN TAN,
JIA YEAN

6.00PM - 8.00PM

RPM **Night Ride**

YINSHI, KARL, JESSICA

LES MILLS

18 AUG 24

WEEKEND PARTY

 FITNESS FIRST PARAGON

MAIN STUDIO

9.00AM - 9.30AM

GRIT STRENGTH

BRYAN

9.45AM - 10.45AM

BODYSTEP

EDWIN, JASPER

11.00AM - 11.45AM

LES MILLS STRENGTH DEVELOPMENT #1

AARON, GLENN

12.00PM - 12.45PM

LES MILLS STRENGTH DEVELOPMENT #2

AARON, GLENN

1.00PM - 2.00PM

Neon BODYPUMP

AGUS, KATHERINE

2.15PM - 3.00PM

LES MILLS DANCE 3 Stripes Party

EUGENE, JOANNA

MIND & BODY STUDIO

9.00AM - 10.00AM

BODYCOMBAT 50S

EDWIN C, BEN T

10.15AM - 11.15AM

BODYCOMBAT 60S

RACH S, AGUS

11.30AM - 12.30PM

BODYCOMBAT 70S

KELVIN T, KAT

12.45PM - 1.45PM

BODYCOMBAT 80S

MIU, WYATT

2.00PM - 3.00PM

BODYCOMBAT 90S

JOHNSON, XIN PING

CYCLING STUDIO

9.00AM - 9.45AM

RPM

GLENN, JAY

11.00AM - 12.00PM

RPM CHALLENGE
Monochrome Black White

GRACE, CHONG WEI

2.15PM - 3.00PM

RPM Retro Ride

YIN SHI, KATHERINE

CHOOSE HAPPY

LES MILLS

LES MILLS

17 AUG 24

WEEKEND PARTY

 FITNESS FIRST BUGIS

CHOOSE HAPPY →

MAIN STUDIO

9.00AM - 9.45AM

LES MILLS STRENGTH DEVELOPMENT #1

KESTER & AARON

10:00AM - 10.30AM

BODYCOMBAT

LES MILLS
SAMPLER

AGUS

10.40AM - 11.10AM

BODYPUMP

LES MILLS
SAMPLER

AGUS

11.20AM - 11.50AM

BODYBALANCE

LES MILLS
SAMPLER

AGUS

12.00PM - 12.30PM

BODYSTEP

LES MILLS
SAMPLER

JASWIN

12.40PM - 1.10PM

BODYATTACK

LES MILLS
SAMPLER

KENNY

1.20PM - 1.50PM

LES MILLS CORE

LES MILLS
SAMPLER

MERVYN

2.00PM - 2.30PM

LES MILLS TONE

LES MILLS
SAMPLER

MERVYN

2.40PM - 3.10PM

LES MILLS DANCE

LES MILLS
SAMPLER

JOANNE

3.20PM - 3.50PM

BODYJAM

LES MILLS
SAMPLER

JOANNE

6.00PM - 8.00PM

BODYCOMBAT & BODYPUMP
2 HOUR BONANZA

PRIYA & ALBERT

LES MILLS

18 AUG 24

WEEKEND PARTY

 FITNESS FIRST BUGIS

CHOOSE HAPPY →

MAIN STUDIO

9.00AM - 9.45AM

LES MILLS STRENGTH DEVELOPMENT #2

KESTER & AARON

10:00AM - 10.30AM

LES MILLS GRIT STRENGTH

ADELINE LU & SHUYI

10.40AM - 11.10AM

LES MILLS GRIT ATHLETIC

ADELINE LU & SHUYI

11.20AM - 11.50AM

LES MILLS GRIT CARDIO

ADELINE LU & SHUYI

12.00PM - 1.00PM

BODYCOMBAT
Back to Basics

ROYSTON & FANG

1.15PM - 2.15PM

BODYPUMP
Best of Old School Classics

ROYSTON &
YU YONG

2.30PM - 3.15PM

LES MILLS TONE
Flying with Colours

KESTER & JOJO

3.30PM - 4.15PM

LES MILLS CORE
Retro Fitness

BHAS & PRIYA