



JULY 2024

LUNCH TIME SPECIAL HIIT CLASSES

100AM

MAIN STUDIO

TUESDAYS

01:00PM - 01:30PM	CORE 30	JULIAN
01:35PM - 02:05PM	SCULPT & STRETCH 30	JULIAN

FREESTYLE AREA

WEDNESDAYS

12:30PM - 01:00PM	HIITX STRENGTH	
01:10PM - 01:40PM	HIITX RUSH	

MARKET STREET

MAIN STUDIO

WEDNESDAYS

01:00PM - 01:30PM	SUSPENSION TRAINING 30	BENJI
01:30PM - 02:00PM	BOSU 30	BENJI

CYCLING STUDIO

FRIDAYS

12:30PM - 01:00PM	RPM 30	MAREE
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ONE GEORGE STREET

MAIN STUDIO

MONDAYS

12:00PM - 12:30PM	BODYPUMP 30	GLENN
12:35PM - 01:05PM	BODYATTACK 30	GLENN
01:10PM - 01:40PM	LES MILLS CORE	GLENN

ONE RAFFLES QUAY

MAIN STUDIO

THURSDAYS

01:00PM - 01:30PM	LES MILLS GRIT STRENGTH	BRYAN WONG
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CYCLING STUDIO

TUESDAYS

01:00PM - 01:30PM	RPM 30	KELVIN TAN
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CAPITAL TOWER

PLAYGROUND

MONDAYS

01:05PM - 01:35PM	BODYCOMBAT 30	GAVIN
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TUESDAYS

12:05PM - 12:35PM	LES MILLS GRIT STRENGTH	GLENN
12:40PM - 01:10PM	LES MILLS CORE	GLENN

TEAMBEATS @ THE LAB

MONDAYS

12:15PM - 12:45PM	HIITX STRENGTH	
12:50PM - 01:20PM	HIITX RUSH	

SWIMMING POOL

WEDNESDAYS

12:10PM - 12:40PM	H2O HIIT	HAN YUE
12:50PM - 01:20PM	H2O HIIT	HAN YUE

* Class schedule correct as at time of publication. For most updated class schedule and booking of classes please refer to the *Fitness First Asia mobile app* 46 hours before the class timing.