

Sunday, 11 May 2025

MOVE FOR MOM

Join our Mother's Day-themed classes dressed in red or pink, and share your thanks in a special community moment in each class.

Strength like a mom's love

BODYPUMP

08:20am

Fusionopolis
Benedict Sim



Celebration of moms

BODYBALANCE

09:00am

Paya Lebar
Priya

Flow with gratitude for mom

GENTLE FLOW

09:00am

Westgate
Cindy Tan



Share your appreciation for mom

BODYBALANCE

09:00am

Junction 10
Ethan

Stretch and send love to mom

BODYBALANCE

10:50am

Bugis Junction
CS



A mother's quiet strength

YIN YOGA

12:15pm

Tampines
Yuan Jing

Rhythm of mom's love

BODYJAM

02:00pm

Paragon
Ryan



Honoring mom's support with

BODYBALANCE

02:30pm

Ang Mo Kio
Kee

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