

WORKOUT AS ONE UNITED PEOPLE

CELEBRATE NDP WITH US

COME DRESS IN RED & WHITE TO SHOW YOUR SINGAPORE SPIRIT



ONE GEORGE STREET

MAIN STUDIO

10:30AM - 11:30AM	ZUMBA	MUS
11:40AM - 12:40PM	BODYATTACK	GLENN
12:50PM - 01:50PM	BODYPUMP	GLENN
02:00PM - 02:45PM	LES MILLS CORE 45	GLENN

JUNCTION 10

MAIN STUDIO

10:15AM - 11:15AM	BODYPUMP	BENEDICT SIM
11:30AM - 12:30PM	BODYCOMBAT	YIRU
12:45PM - 01:45PM	BODYBALANCE	YIRU

CYCLING STUDIO

09:00AM - 10:00AM	RPM60	VON
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BUGIS

MAIN STUDIO

10:00AM - 11:00AM	CORE CONDITIONING	CHRIS LIM
11:15AM - 12:15PM	DYNAMITE FLOW YOGA	CHRIS LIM
12:30PM - 01:30PM	BODYCOMBAT	KENNETH TAN
01:45PM - 02:45PM	BODYPUMP	CARRICK
03:00PM - 04:00PM	BODYBALANCE	CARRICK

PAYA LEBAR

MAIN STUDIO

09:45AM - 10:30AM	CIRQHIIT TRANSFORM	JAY
10:45AM - 11:30AM	LES MILLS CORE 45	MERVYN
11:45AM - 12:15PM	LES MILLS GRIT STRENGTH	ADELINE LU
12:30PM - 01:30PM	BODYPUMP	ADELINE LU
01:45PM - 02:45PM	BODYCOMBAT	JESSICA

100AM

MAIN STUDIO

09:30AM - 10:30AM	BODYPUMP	MINGFEI
10:45AM - 11:45AM	BODYCOMBAT	MINGFEI
12:00PM - 01:00PM	BODYJAM	VIVI KUSUMA
01:15PM - 02:00PM	LES MILLS DANCE	EUGENE
02:15PM - 03:15PM	ZUMBA	CRYSTAL

MIND & BODY STUDIO

10:45AM - 11:45AM	HATHA YOGA	SANDY LIKITDACHAVONGS
12:00PM - 01:00PM	VINYASA YOGA	SANDY LIKITDACHAVONGS
01:15PM - 02:15PM	YIN YOGA	VIVI KUSUMA

WESTGATE

MAIN STUDIO

09:00AM - 10:00AM	HATHA YOGA	JOEY KOH
10:15AM - 11:15AM	RED & WHITE PUMP BODYPUMP	TING WEI
11:30AM - 12:30PM	BODYSTEP	ALWIN
12:45PM - 01:45PM	BODYCOMBAT	KATHERINE
02:00PM - 03:00PM	BODYJAM	WILI

CYCLING STUDIO

10:30AM - 11:15AM	OLYMPIC RIDE FF ADDITION RPM	KATHERINE
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TAMPINES

MAIN STUDIO

09:00AM - 10:00AM	STEP UP TO PARTY Step Moves	AMY & JOANNA
10:15AM - 10:45AM	LES MILLS DANCE 30	AMY & JOANNA
10:50AM - 11:20AM	BODYJAM 30	AMY & JOANNA
11:30AM - 12:30PM	ZUMBA	CHARLOTTE
12:45PM - 01:45PM	PUMP IT UP BODYPUMP	ROYSTON
02:00PM - 03:00PM	COMBAT NATION BODYCOMBAT	ROYSTON

MIND & BODY STUDIO

09:00AM - 10:00AM	HATHA YOGA	KIMBERLY KOH
10:15AM - 11:15AM	PILATES	KAI XIN
11:30AM - 12:30PM	YIN YOGA	KAI XIN

CYCLING STUDIO

11:30AM - 12:15PM	RPM	JIA YEAN
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FREESTYLE AREA

10:15AM - 11:00AM	NAK MUAY 45	PRISCILLA
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PARAGON

MAIN STUDIO

09:00AM - 10:00AM	OLYMPIC TEAM SG: BODYPUMP	LOKIES
10:15AM - 11:15AM	OLYMPIC TEAM SG: CIRCUIT	SHERLIN
11:30AM - 12:15PM	LES MILLS DANCE	KEEFE
12:45PM - 01:45PM	BODYJAM	TAUFIQ

MIND & BODY STUDIO

09:00AM - 10:00AM	OLYMPIC TEAM SG: BODYBALANCE	BEN TANG
10:15AM - 11:15AM	OLYMPIC TEAM SG: BODYCOMBAT	BEN TANG
11:30AM - 12:30PM	DYNAMITE FLOW YOGA	SHERLIN
12:45PM - 01:45PM	BODYATTACK	KEEFE

CYCLING STUDIO

11:30AM - 12:15PM	OLYMPIC TEAM SG: RPM	KARL
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FUSIONOPOLIS

MAIN STUDIO

08:45AM - 09:45AM	BODYPUMP	ROYSTON
10:00AM - 11:00AM	BODYCOMBAT	ROYSTON
11:15AM - 12:15PM	BODYATTACK	BHAS
12:30PM - 01:15PM	LES MILLS CORE 45	BHAS

MIND & BODY STUDIO

09:00AM - 10:00AM	DYNAMIC FLOW YOGA	IAN FUNG
10:15AM - 11:15AM	RESTORATIVE YOGA	IAN FUNG

CYCLING STUDIO

10:00AM - 10:45AM	RPM	LENNART
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321 CLEMENTI

MAIN STUDIO

09:00AM - 10:00AM	OLYMPIC ATTACK BODYATTACK	ELLEIN
10:15AM - 11:00AM	LES MILLS DANCE	ELLEIN
11:30AM - 12:30PM	BODYPUMP	NATHANIEL
12:45PM - 01:45PM	GENTLE FLOW YOGA	CAROLINE
02:00PM - 03:00PM	UNITED COMBAT BODYCOMBAT	ALBERT S

ANG MO KIO

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	JULIAN
10:15AM - 11:15AM	BODYCOMBAT	RACHEL SOH
11:30AM - 12:30PM	ZUMBA	AMILIA & JULIAN
12:45PM - 01:45PM	STEP MOVES	FIONA

MIND & BODY STUDIO

09:00AM - 10:00AM	BODYBALANCE	RACHEL SOH
10:15AM - 11:15AM	GENTLE FLOW YOGA	JULIAN
11:30AM - 12:30PM	DYNAMIC FLOW YOGA	YVONNE SEOW
12:45PM - 01:45PM	YIN YOGA	YVONNE SEOW

CYCLING STUDIO

11:30AM - 12:15PM	RPM	CHRISTINA CHIN
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* 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.