



DECEMBER '25 CLASS SCHEDULE

MONDAY

07:00 | Main Studio
BODYCOMBAT
JOSEPHINE LIM

 07:00 | Mind & Body Studio
VINYASA YOGA
JOEY KOH

12:00 | Main Studio
BODYPUMP
YEOH


12:00 | Mind & Body Studio
PILATES
ALVIN YUEN

12:00 | Cycling Studio
RPM
YVONNE SEOW

12:15 | Freestyle Area
HYROX

13:00 | Main Studio
CIRCUIT
YEOH

13:00 | Mind & Body Studio
RESTORATIVE YOGA
YVONNE SEOW

 13:00 | Cycling Studio
RPM
JUNE

 17:00 | Main Studio
CIRCUIT
BENJI

17:00 | Mind & Body Studio
DYNAMIC FLOW
CHRISTINE

18:00 | Main Studio
BODYPUMP
MINGFEI

18:00 | Mind & Body Studio
GENTLE FLOW
CHRISTINE

 18:00 | Cycling Studio
RPM
BENJI


18:15 | Freestyle Area
HIITX

19:10 | Main Studio
BODYCOMBAT
KENNY LYE

19:10 | Mind & Body Studio
YIN YOGA
KELVIN CHAI

 19:10 | Cycling Studio
RPM
JIA YEAN

20:20 | Main Studio
BODYPUMP
CK

 20:20 | Mind & Body Studio
BODYBALANCE
KESTER



DECEMBER '25 CLASS SCHEDULE

TUESDAY

07:00 | Mind & Body Studio
HATHA YOGA
CHRISTOPHER LIM



07:00 | Cycling Studio
RPM
FERNIE

07:15 | Main Studio
CIRCUIT
JAY

12:00 | Main Studio
BODYCOMBAT
YEOH

12:00 | Mind & Body Studio
DYNAMIC FLOW
CHRISTINE TAN

12:00 | Cycling Studio
RPM
KELVIN TAN

12:15 | Freestyle Area
HYROX

13:00 | Main Studio
CIRCUIT
YEOH

13:00 | Mind & Body Studio
GENTLE FLOW
CHRISTINE TAN

13:00 | Cycling Studio
RPM XPRESS
KELVIN TAN



17:00 | Main Studio
BODYCOMBAT
JASPER MAK



17:00 | Mind & Body Studio
GENTLE FLOW
LESTER LOW

18:00 | Main Studio
BODYPUMP
ROYSTON

18:00 | Mind & Body Studio
PILATES
ALISON

18:15 | Freestyle Area
HIITX

19:10 | Main Studio
BODYCOMBAT
JUNWEI

19:10 | Mind & Body Studio
HATHA YOGA
PAUL

19:10 | Cycling Studio
RPM
ALAN TAN

20:20 | Mind & Body Studio
RESTORATIVE YOGA
PAUL



DECEMBER '25 CLASS SCHEDULE

WEDNESDAY

07:00 | Main Studio

BODYPUMP
YINSHI

07:00 | Mind & Body Studio

GENTLE FLOW
FAYE

07:00 | Cycling Studio

RPM
GERALD TAN

12:00 | Main Studio

BODYPUMP
GAVIN

12:00 | Mind & Body Studio

RESTORATIVE YOGA
YVONNE SEOW

12:00 | Cycling Studio

RPM
ADELINE TAY

12:15 | Freestyle Area

HIITX

13:00 | Main Studio

BODYJAM
NAILA

13:00 | Mind & Body Studio

HATHA YOGA
SANDY

17:00 | Main Studio

CIRCUIT
FERNIE

18:00 | Main Studio

BODYCOMBAT
LEWIS

18:00 | Mind & Body Studio

GENTLE FLOW
SERENA TAN

18:00 | Cycling Studio

RPM
FERNIE

18:15 | Freestyle Area

HIITX

19:10 | Main Studio

ZUMBA
JULIAN

19:10 | Mind & Body Studio

PILATES
SERENA TAN

19:10 | Cycling Studio

RPM
YEOH

20:20 | Main Studio

DANCE MOVES
LOUIS SHEN

20:20 | Mind & Body Studio

BODYBALANCE
JULIAN



DECEMBER '25 CLASS SCHEDULE

THURSDAY

07:00 | Main Studio
BODYCOMBAT
EDWIN CHIAM

07:00 | Mind & Body Studio
CORE CONDITIONING
CHRISTOPHER LIM

 07:00 | Cycling Studio
RPM
YINSHI

12:00 | Main Studio
BODYCOMBAT
GAVIN

12:00 | Mind & Body Studio
SOUND FLOW
SANDY


12:00 | Cycling Studio
RPM
YEOH

12:15 | Freestyle Area
HIITX

13:00 | Main Studio
BODYPUMP
GAVIN

13:00 | Mind & Body Studio
SOUND FLOW PLUS
SANDY

 17:00 | Main Studio
BODYCOMBAT
FANG

 17:00 | Mind & Body Studio
CORE FLOW
CHRISTINE

18:00 | Main Studio
CIRCUIT
YEOH

 18:00 | Mind & Body Studio
PILATES
SAMANTHA

18:15 | Freestyle Area
HIITX

19:00 | Main Studio
BODYPUMP
YEOH

19:10 | Mind & Body Studio
YIN YOGA
YVONNE SEOW

19:10 | Cycling Studio
RPM
JIA YEAN

20:10 | Main Studio
BODYCOMBAT
JASPER MAK

20:20 | Mind & Body Studio
HATHA YOGA
DAVID CHIN



DECEMBER '25 CLASS SCHEDULE

FRIDAY

07:00 | Main Studio
BODYCOMBAT
ROYSTON

07:00 | Mind & Body Studio
HATHA YOGA
CHRISTOPHER LIM

🔔 07:00 | Cycling Studio
RPM
YONG

12:00 | Main Studio
BODYPUMP
YINSHI

12:00 | Mind & Body Studio
HATHA YOGA
CHRISTOPHER LIM

12:00 | Cycling Studio
RPM
IAN CHAN

12:15 | Freestyle Area
HYROX

🔔 13:00 | Main Studio
BODYCOMBAT
MINGFEI

13:00 | Mind & Body Studio
CORE CONDITIONING
CHRISTOPHER LIM

🔔 13:00 | Cycling Studio
RPM
ADELINE TAY

17:00 | Main Studio
BODYATTACK
HEATHER

🔔 17:00 | Mind & Body Studio
BODYBALANCE
VIVI KUSUMA

18:00 | Main Studio
BODYCOMBAT
GAVIN

18:00 | Mind & Body Studio
GENTLE FLOW
SERENA TAN

🔔 18:00 | Cycling Studio
RPM
GLENN

18:15 | Freestyle Area
HIITX

19:10 | Main Studio
BODYJAM
VIVI

🔔 19:10 | Mind & Body Studio
GENTLE FLOW
GLENN



DECEMBER '25 CLASS SCHEDULE

SATURDAY

🔔 08:00 | Main Studio

BODYCOMBAT
JUNWEI

🔔 08:00 | Mind & Body Studio

HATHA YOGA
DAVID CHEW

🔔 09:10 | Main Studio

BODYCOMBAT
ADELINE GOH

🔔 09:10 | Mind & Body Studio

PILATES
DAVID CHEW

🔔 09:10 | Cycling Studio

RPM
BENJI

10:20 | Main Studio

CIRCUIT
YEOH

10:20 | Mind & Body Studio

VINYASA YOGA
ASHLEY CHER

10:25 | Cycling Studio

RPM
ADELINE TAY

11:30 | Main Studio

BODYPUMP
RYAN HARYADI

11:30 | Mind & Body Studio

ADVANCED FLOW
SANDY

11:35 | Cycling Studio

RPM
YEOH

12:40 | Main Studio

BODYCOMBAT
FANG

12:40 | Mind & Body Studio

SOUND FLOW PLUS
SANDY

13:50 | Main Studio

DANCE MOVES
LOUIS SHEN

🔔 14:15 | Mind & Body Studio

DYNAMIC FLOW
IAN FUNG

🔔 15:00 | Main Studio

BODYCOMBAT
JIMMY TAN



DECEMBER '25 CLASS SCHEDULE

SUNDAY



09:10 | Main Studio

CIRCUIT
FERNIE



09:10 | Mind & Body Studio

VINYASA YOGA
ASHLEY CHER



10:20 | Main Studio

BODYATTACK
BRYAN TAN



10:20 | Mind & Body Studio

SOUND FLOW PLUS
DAWN TAN



10:25 | Cycling Studio

RPM
FERNIE



11:30 | Mind & Body Studio

YIN YOGA
REGINA



11:40 | Main Studio

GRIT STRENGTH
SHU YI



12:40 | Main Studio

BODYPUMP
MINGFEI



12:45 | Mind & Body Studio

VINYASA YOGA
JOEY KOH



13:50 | Main Studio

BODYCOMBAT
MINGFEI



13:55 | Mind & Body Studio

HATHA YOGA
JOEY KOH

*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.



DECEMBER '25 CLASS SCHEDULE

MONDAY



07:00 | Main Studio
BODYCOMBAT
NICOLE

07:50 | Freestyle Area
HYROX
SHUMIN



08:10 | Main Studio
YIN YOGA
VIVI KUSUMA



09:20 | Main Studio
LM PILATES
VIVI KUSUMA



11:00 | Main Studio
LM CORE
GLENN

12:00 | Main Studio
BODYATTACK
GLENN

12:00 | Freestyle Area
HYROX
BOON



13:00 | Main Studio
BODYCOMBAT
MINGFEI

13:00 | Freestyle Area
BOOM
LOUIS

17:00 | Main Studio
BODYBALANCE
VIVI KUSUMA

18:10 | Main Studio
BODYJAM
VIVI KUSUMA

19:00 | Freestyle Area
HYROX
CHRISTOPHER SIM



19:20 | Main Studio
BODYPUMP
JIMMY TAN

20:30 | Main Studio
BODYCOMBAT
MIU

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DECEMBER '25 CLASS SCHEDULE

TUESDAY

07:00 | Main Studio
GENTLE FLOW
JON HO

 08:10 | Main Studio
BODYPUMP
ROYSTON

 09:20 | Main Studio
YIN YOGA
CHRISTINE


 10:30 | Main Studio
CORE FLOW
CHRISTINE

12:00 | Main Studio
BODYCOMBAT
ROYSTON

12:00 | Freestyle Area
HYROX
ADELINE TAY

13:00 | Freestyle Area
BOOM
MINGFEI

13:00 | Main Studio
BODYPUMP
ROYSTON

 17:15 | Main Studio
LM CORE
GLENN

 18:10 | Main Studio
BODYPUMP
GLENN

18:45 | Swimming Pool
AQUAFIT
JEAN

19:20 | Main Studio
ZUMBA
MUS

 19:30 | Freestyle Area
LM GRIT
GLENN

20:30 | Main Studio
DANCE MOVES
VIVI KUSUMA

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DECEMBER '25 CLASS SCHEDULE

WEDNESDAY



07:00 | Main Studio
BODYPUMP
SHUMIN

07:00 | Freestyle Area
NAK MUAY
FANG



08:10 | Main Studio
BODYCOMBAT
FANG



09:20 | Main Studio
BODYPUMP
BENJI



10:30 | Main Studio
BODYATTACK
BENJI

12:00 | Freestyle Area
CORE CONDITIONING
CHRIS LIM

12:00 | Freestyle Area
BOOM
MINGFEI

13:00 | Main Studio
HATHA YOGA
CHRIS LIM

13:00 | Freestyle Area
HIIT



17:00 | Main Studio
BODYCOMBAT
GARY TAN

18:10 | Main Studio
BODYATTACK
GLENN

19:20 | Main Studio
BODYPUMP
GLENN



20:30 | Main Studio
LM CORE
GLENN

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DECEMBER '25 CLASS SCHEDULE

THURSDAY

07:00 | Main Studio
BODYCOMBAT
MIU

🔔 08:10 | Main Studio
GENTLE FLOW
CHRISTINE

🔔 09:20 | Main Studio
DYNAMIC FLOW
CHRISTINE

🔔 11:00 | Main Studio
LM PILATES
BENJI

12:00 | Main Studio
BODYPUMP
JO TAN

12:00 | Freestyle Area
HYROX
ADELINE TAY

13:00 | Main Studio
BODYCOMBAT
JO TAN

13:00 | Freestyle Area
NAK MUAY
MINGFEI

🔔 17:00 | Main Studio
BODYATTACK
BENJI

18:10 | Main Studio
BODYCOMBAT
KENNY LYE

19:20 | Main Studio
BODYJAM
BEN NING

🔔 19:20 | Swimming Pool
H2O HEAT
FANG

🔔 20:30 | Main Studio
BODYPUMP
REGINA

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DECEMBER '25 CLASS SCHEDULE

FRIDAY

07:00 | Main Studio
BODYPUMP
CHENG YUAN



08:15 | Main Studio
CIRCUIT
FERNIE



09:20 | Main Studio
BODYPUMP
MINGFEI

11:00 | Main Studio
BODYBALANCE
JASPER MAK

12:00 | Main Studio
BODYCOMBAT
JASPER MAK

12:00 | Freestyle Area
HIIT



13:00 | Main Studio
RESTORATIVE YOGA
PAUL

17:00 | Freestyle Area
BOOM
JO TAN



17:00 | Main Studio
GENTLE FLOW
CHRISTINE

18:10 | Main Studio
CIRCUIT
JO TAN

18:30 | Freestyle Area
HYROX
SARVIN

19:20 | Main Studio
BODYPUMP
JO TAN

20:30 | Main Studio
BODYCOMBAT
JO TAN

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DECEMBER '25 CLASS SCHEDULE

SATURDAY

🔔 08:30 | Main Studio

CIRCUIT
JO TAN

09:30 | Main Studio

BODYPUMP
MARIE

🔔 09:30 | Swimming Pool

H2O HEAT
FANG

09:30 | Freestyle Area

BOOM
JO TAN

10:30 | Freestyle Area

NAK MUAY
FANG

10:45 | Main Studio

BODYCOMBAT
ZAC

11:30 | Freestyle Area

HIIT
JULIA

12:00 | Swimming Pool

AQUAFIT
MERVYN

12:00 | Main Studio

STEP MOVES
FIONA

13:15 | Main Studio

BODYJAM
LUCAS

14:30 | Main Studio

VINYASA YOGA
AMANDA

15:45 | Main Studio

RESTORATIVE YOGA
AMANDA

17:00 | Main Studio

LM DANCE
EUGENE NG

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DECEMBER '25 CLASS SCHEDULE

SUNDAY

10:00 | Main Studio
BODYBALANCE
BEN NING



10:00 | Swimming Pool
H2O HEAT
MINGFEI

11:15 | Main Studio
BODYCOMBAT
KENNY LYE

11:30 | Freestyle Area
BOOM
MINGFEI

12:30 | Main Studio
BODYJAM
ANGELINA

13:45 | Main Studio
BODYCOMBAT
GRACE

14:45 | Main Studio
BODYPUMP
GRACE



16:00 | Main Studio
BODYCOMBAT
KATHERINE

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