

VESAK DAY SPECIAL CLASSES

100AM

MAIN STUDIO

09:45AM - 10:45AM	BODYPUMP	GERALD NG
11:00AM - 12:00PM	BODYCOMBAT	NICHOLAS MAK
12:15PM - 01:00PM	LES MILLS STRENGTH DEVELOPMENT	YEOH
01:15PM - 02:15PM	BODYPUMP	YEOH
02:30PM - 03:30PM	BODYCOMBAT	YEOH

MIND & BODY STUDIO

09:45AM - 10:45AM	DYNAMIC FLOW YOGA	IAN FUNG
11:00AM - 12:00PM	GENTLE FLOW YOGA	IAN FUNG

JUNCTION 10

MAIN STUDIO

09:00AM - 10:00AM	DYNAMIC FLOW YOGA	CAROLINE
10:15AM - 11:15AM	BODYPUMP	WYATT
11:30AM - 12:30PM	BODYCOMBAT	WYATT
12:45PM - 01:45PM	ZUMBA	CHARLOTTE

CYCLE STUDIO

09:00AM - 10:00AM	RPM 60	PIERRE
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ANG MO KIO

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	GLENN
10:15AM - 11:15PM	BODYCOMBAT	JACKY TAN
11:30AM - 12:30PM	CORE CONDITIONING	JULIAN
12:45PM - 01:45PM	STEP MOVES	FIONA
02:00PM - 03:00PM	BODYPUMP	CHRISTOPHER SIM

MIND & BODY STUDIO

09:00AM - 10:00AM	FITBALL	JULIAN
10:15AM - 11:15AM	BODYBALANCE	JULIAN
11:30AM - 12:30PM	GENTLE FLOW	GLENN
12:45PM - 01:45PM	PILATES	FELICIA

CYCLING ZONE

10:30AM - 11:15AM	RPM	GLENN
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FUSIONOPOLIS

MAIN STUDIO

08:45AM - 09:45AM	BODYPUMP	ALBERT R
10:00AM - 11:00AM	BODYCOMBAT	ALBERT R
11:15AM - 12:15PM	BODYATTACK	ALBERT W
12:30PM - 01:30PM	BODYCOMBAT	LIK MING

MIND & BODY STUDIO

09:00AM - 10:00AM	HATHA YOGA	YJ
10:15AM - 11:15AM	VINYASA YOGA	YJ

CYCLE STUDIO

10:00AM - 11:00AM	RPM 60	YINSHI
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BUGIS

MAIN STUDIO

09:30AM - 10:30AM	BODYCOMBAT	KENNETH
10:45AM - 11:45PM	BODYPUMP	PRIYA
12:00PM - 12:45PM	LES MILLS CORE 45	PRIYA
01:00PM - 01:45PM	LES MILLS DANCE	EUGENE
02:00PM - 03:00PM	BODYJAM	WILI

PAYA LEBAR

MAIN STUDIO

09:30AM - 10:15AM	CIRQHIT TRANSFORM	FERNIE
10:30AM - 11:30AM	BODYPUMP	RYAN HARYADI
11:45AM - 12:45PM	BODYCOMBAT	XIN PING
01:00PM - 01:45PM	LES MILLS TONE	MERVYN
02:00PM - 03:00PM	BODYATTACK	MERVYN

321 CLEMENTI

MAIN STUDIO

09:00AM - 10:00AM	BODYCOMBAT	JANICE
10:15AM - 11:00AM	LES MILLS DANCE	EUGENE NG
11:30AM - 12:30PM	BODYATTACK	GORDON
12:45PM - 01:45PM	DYNAMITE FLOW YOGA	JENNIFER CHEN
02:00PM - 03:00PM	BODYPUMP	NICKY

ONE GEORGE STREET

MAIN STUDIO

10:30AM - 11:30AM	LES MILLS STRENGTH DEVELOPMENT	JO TAN
11:40AM - 12:40PM	BODYCOMBAT	JO TAN
12:50PM - 01:50PM	YOGA	JO TAN

MARKET STREET

MAIN STUDIO

08:30AM - 09:30AM	BODYPUMP	ROYSTON
09:40AM - 10:40AM	BODYATTACK	DANIEL
10:50AM - 11:50AM	CIRCUIT	JAY
12:00PM - 01:00PM	BODYCOMBAT	JUNWEI

MIND & BODY STUDIO

12:00PM - 01:00PM	SOUND AND STRETCH	SAN
01:10PM - 02:10PM	SOUND BATH	SAN

CYCLE STUDIO

10:30AM - 11:15AM	RPM	YONG
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PARAGON

MAIN STUDIO

09:00AM - 10:00AM	BODYPUMP	RENU
10:15AM - 11:15AM	CORE CONDITIONING	RENU
11:30AM - 12:30PM	ZUMBA	MUS
12:45PM - 02:00PM	DANCE MOVES	LOUIS

MIND & BODY STUDIO

09:00AM - 10:00AM	BODYBALANCE	BEN TANG
10:15AM - 11:15AM	BODYCOMBAT	BEN TANG
11:30AM - 12:30PM	GENTLE FLOW YOGA	HALEY

CYCLE STUDIO

10:15AM - 11:00AM	RPM	KARL
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TAMPINES

MAIN STUDIO

09:15AM - 10:00AM	LES MILLS TONE	LEONARD ONG
10:15AM - 11:15AM	BODYPUMP	LEONARD ONG
11:30AM - 12:30PM	BODYCOMBAT	PRISCILLA
12:45PM - 01:45PM	BODYJAM	RYAN ONG & VIVI KUSUMA
02:00PM - 02:45PM	LES MILLS DANCE	RYAN ONG

MIND & BODY STUDIO

09:00AM - 10:00AM	VINYASA YOGA	KELVIN CHAI
10:15AM - 11:15AM	YIN YOGA	VIVI KUSUMA
11:30AM - 12:30PM	BODYBALANCE	VIVI KUSUMA

CYCLE STUDIO

11:30AM - 12:15PM	RPM	ALAN YAP
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FREESTYLE AREA

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

MAIN STUDIO

09:00AM - 10:00AM	GENTLE FLOW YOGA	JENNIFER CHEN
10:15AM - 11:15AM	BODYJAM	ANGELINA
11:30AM - 12:30PM	BODYPUMP	JOYCE LEE
12:45PM - 01:45PM	BODYSTEP	BRIAN TEO
02:00PM - 03:00PM	BODYCOMBAT	KENNETH

CYCLING ZONE

10:30AM - 11:15AM	RPM	JENNIFER CHEN
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