

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 7:15 - 8:15 BODYCOMBAT® Nicole	M 7:30 - 8:00 HARD CORE™ OVERLOAD Jenny	M 7:15 - 8:15 BODYPUMP® Gerald Aw	M 7:15 - 8:15 BODYATTACK® Ellein	M 7:15 - 7:45 CIRCUIT Jay	M 9:00 - 10:00 BODYPUMP® Karl	M 9:50 - 10:50 BODYATTACK® Meryn Lau
		M 8:00 - 8:30 HARD CORE™ Jenny			M 7:45 - 8:15 HARD CORE™ Jay	M 10:00 - 11:00 STEP LEVEL I Fiona	M 11:00 - 12:00 BODYCOMBAT® Enid
	M 12:00 - 13:00 BODYCOMBAT® Kenneth	M 12:00 - 13:00 BODYPUMP® Christopher Sim	M 12:00 - 12:50 ZUMBA® John Por	M 12:10 - 12:40 HARD CORE™ OVERLOAD June Hah	M 12:00 - 12:45 SH'BAM® Nat	M 11:10 - 12:10 BODYPUMP® Ibrahim	M 12:05 - 13:05 BODYJAM® Taufiq
	M 13:00 - 13:30 HARD CORE™ OVERLOAD Chris Chiam	M 13:10 - 14:00 ZUMBA® Julian	M 13:00 - 13:45 BODYCOMBAT® John Por	M 12:40 - 13:10 HARD CORE™ June Hah	M 13:00 - 14:00 AERIAL FLOW™ YOGA Joanna	M 12:20 - 13:20 BODYCOMBAT® Gary	M 13:10 - 14:10 TOTAL BODY CONDITIONING Yvonne Feng
	M 17:30 - 18:30 AERIAL FLOW™ YOGA Julian			M 13:10 - 13:55 BODYJAM® Junwei	M 17:30 - 18:30 BODYCOMBAT® Ming Fei	M 13:30 - 14:20 SH'BAM® Joanne Chua	M 14:15 - 15:15 ZUMBA® Yvonne Feng
	M 18:40 - 19:10 SUSPENSION EXERCISE CLASS Gerald Aw	M 18:40 - 19:40 ZUMBA® Amy Seow	M 18:40 - 19:40 BODYPUMP® Regina	M 18:00 - 18:30 HARD CORE™ Sherlin	M 18:40 - 19:40 BODYPUMP® Ming Fei	M 14:25 - 15:25 ZUMBA® Amilia	M 15:20 - 16:20 BODYPUMP® Gavin
	M 19:10 - 19:40 BODYPUMP® EXPRESS Gerald Aw	M 19:45 - 20:45 BODYPUMP® Yeoh	M 19:45 - 20:15 CORE CONDITIONING Yeoh	M 18:40 - 19:25 SH'BAM® Joe Tan	M 19:45 - 20:35 SH'BAM® George	M 15:30 - 16:30 BODYJAM® Julian	M 16:30 - 17:30 BODYCOMBAT® Aaron
	M 19:45 - 20:45 BODYCOMBAT® Kenneth	M 20:50 - 21:20 SUSPENSION EXERCISE CLASS Yeoh	M 20:20 - 21:20 BODYCOMBAT® Yeoh	M 19:30 - 20:30 ZUMBA® Julian	M 20:40 - 21:10 HARD CORE™ OVERLOAD Desiree	M 16:35 - 17:35 BODYCOMBAT® Ryan Low	
	M 20:50 - 21:20 HARD CORE™ OVERLOAD June Hah			M 20:35 - 21:35 BODYPUMP® Julian	M 21:10 - 21:40 HARD CORE™ Desiree	M 17:40 - 18:40 AERIAL FLOW™ YOGA Julian	
	M 21:20 - 21:50 HARD CORE™ June Hah						
	M 7:30 - 8:20 RPM™ Dharinni		M 7:30 - 8:20 RPM™ Yan Rong		M 7:30 - 8:20 RPM™ Megan	M 11:00 - 11:50 RPM™ Jay	M 12:00 - 12:50 RPM™ Jiamin
	M 12:30 - 13:20 RPM™ Jamie	M 12:30 - 13:20 RPM™ Megan	I/A 12:20 - 13:05 PRO CYCLING™ Vivi Woon	M 12:30 - 13:20 RPM™ Megan	M 12:30 - 13:20 RPM™ Vivi Woon	M 15:00 - 16:00 RPM™ YanRong	M 14:00 - 14:50 RPM™ Jamie
	I/A 18:45 - 19:30 PRO CYCLING™ Sherlin	M 18:30 - 19:20 RPM™ Yeoh	M 18:30 - 19:20 RPM™ Vivi Woon	I/A 18:40 - 19:25 PRO CYCLING™ Sherlin	M 18:30 - 19:20 RPM™ Jiamin		
	M 19:40 - 20:30 RPM™ Von	M 19:30 - 20:20 RPM™ Vivi Woon		M 19:30 - 20:20 RPM™ Von			

	MON	TUE	WED	THU	FRI	SAT	SUN
MIND & BODY STUDIO	M 7:15 - 8:15 HOT YOGA Chandran	M 7:15 - 8:15 PILATES Alvan	M 7:15 - 8:15 HOT FLOW™ YOGA Christine	M 7:15 - 8:15 DYNAMIC FLOW™ YOGA Kester	M 7:15 - 8:15 VINYASA YOGA Chandran	M 11:00 - 12:00 DYNAMIC FLOW™ YOGA Yong Chuan	I/A 10:30 - 12:00 (90mins) ADVANCED FLOW™ YOGA Soo
	M 12:15 - 13:00 BODYBALANCE® Amy Seow	M 12:10 - 13:00 GENTLE FLOW™ YOGA Julian	M 12:15 - 13:05 HOT FLOW™ YOGA Julian	M 12:15 - 13:05 GENTLE FLOW™ YOGA Junwei	M 12:10 - 12:55 BODYBALANCE® Joanna	M 12:10 - 13:10 HOT FLOW™ YOGA Yong Chuan	M 12:15 - 13:15 HOT YOGA Chandran
	M 13:15 - 14:05 GENTLE YOGA® Jamie Phua		M 13:15 - 14:05 FITBALL CORE Julian	M 13:15 - 14:05 DYNAMIC FLOW™ YOGA Chris Lim	M 13:10 - 14:00 POWER YOGA Albert	M 13:20 - 14:20 PILATES Alvan	M 13:20 - 14:20 HATHA YOGA Chandran
		M 17:30 - 18:30 YOGA CORE Albert	M 17:40 - 18:30 DYNAMIC FLOW™ YOGA Christine Tan	M 17:30 - 18:30 HOT YOGA Albert		M 14:25 - 15:25 HATHA YOGA Albert	M 14:30 - 15:30 VINYASA YOGA Albert
	M 18:40 - 19:40 BODYBALANCE Julian	M 18:40 - 19:40 HOT YOGA Chandran	M 18:40 - 19:40 BODYBALANCE® Yeoh	M 18:40 - 19:40 PILATES Alison	M 18:40 - 19:40 BODYBALANCE® George	M 16:35 - 17:35 BODYBALANCE® Julian	M 15:30 - 16:30 BODYBALANCE® CS
	M 19:45 - 20:45 DYNAMIC FLOW™ YOGA Julian	M 19:45 - 20:45 BODYBALANCE® Amy Seow	M 19:45 - 20:45 CORE FLOW™ YOGA Regina	M 19:45 - 20:45 BODYBALANCE® Joel	M 19:45 - 20:45 YOGA THERAPY Soo		M 16:35 - 17:35 DYNAMIC FLOW™ YOGA Philip
	M 20:50 - 21:40 GENTLE FLOW™ YOGA Sherlin			M 20:50 - 21:40 GENTLE FLOW™ YOGA Alison			
	M 7:30 - 8:00 freestyle Group Training HIIT	M 7:30 - 8:00 freestyle Group Training HIIT	M 7:30 - 8:00 freestyle Group Training STRENGTH	M 7:30 - 8:00 freestyle Group Training HIIT	M 7:30 - 8:00 freestyle Group Training STRENGTH	M 8:30 - 9:00 freestyle Group Training STRENGTH	M 8:30 - 9:00 freestyle Group Training HIIT
	M 12:30 - 13:00 freestyle Group Training STRENGTH	M 12:30 - 13:00 freestyle Group Training STRENGTH	M 12:30 - 13:00 freestyle Group Training HIIT	M 12:30 - 13:00 freestyle Group Training STRENGTH	M 12:30 - 13:00 freestyle Group Training HIIT	M 12:30 - 13:00 freestyle Group Training HIIT	M 10:30 - 11:00 freestyle Group Training STRENGTH
		M 13:00 - 13:30 freestyle Group Training HIIT		M 13:00 - 13:30 freestyle Group Training HIIT			
	M 18:30 - 19:15 freestyle Group Training HIIT	M 18:30 - 19:15 freestyle Group Training STRENGTH	M 18:30 - 19:15 freestyle Group Training STRENGTH	M 18:30 - 19:15 freestyle Group Training STRENGTH	M 18:30 - 19:15 freestyle Group Training STRENGTH		

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	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN STUDIO	M 8:00 - 9:00 HATHA YOGA Albert	M 7:00 - 8:00 BODYPUMP [®] Benji	M 7:00 - 8:00 YOGA Chris Lim	M 8:00 - 9:00 BODYPUMP [®] Jo Tan	M 8:00 - 9:00 BODYCOMBAT [®] Nat	M 8:35 - 9:50 YOGA Caroline	M 8:45 - 9:45 LES MILLS TONE [™] Benjamin Lai
	M 9:05 - 10:05 DYNAMIC FLOW [™] YOGA Cindy Tan	M 8:05 - 9:05 CIRCUIT Benji	M 8:05 - 9:05 GENTLE FLOW [™] YOGA Glenn	M 9:10 - 10:10 BODYBALANCE [®] Jo Tan	M 9:10 - 10:10 PILATES Cheslyn	M 10:00 - 11:00 BODYCOMBAT [®] Nicole	M 10:00 - 11:00 BODYPUMP [®] Jimmy Lee
		M 9:10 - 10:00 SH'BAM [®] George	M 9:10 - 10:00 CIRCUIT Jasmine	M 10:20 - 10:50 HARD CORE [™] OVERLOAD Edwin Ko	M 10:20 - 11:10 LES MILLS TONE [™] Cheslyn	M 11:10 - 12:10 BODYSTEP [®] Jean Low	M 11:10 - 12:10 BODYCOMBAT [®] Jimmy Lee
	M 10:10 - 11:00 BODYPUMP [®] Shirley Tan	M 10:00 - 11:00 BODYBALANCE [®] George	M 10:10 - 10:40 HARD CORE [™] Hui Shan	M 10:50 - 11:20 HARD CORE [™] Edwin Ko	M 11:20 - 12:20 BODYPUMP [®] Jeannie		
	M 11:20 - 12:20 BODYCOMBAT [®] Jo Tan	M 11:10 - 12:10 BODYPUMP [®] Rozanne	M 10:40 - 11:10 HARD CORE [™] OVERLOAD Hui Shan	M 11:30 - 12:30 ZUMBA [®] Crystal	M 12:30 - 13:30 BODYCOMBAT [®] Jeannie	M 12:20 - 13:20 GENTLE FLOW [™] YOGA Jennifer Chen	M 12:20 - 13:20 BODYJAM [®] Edwin Ko
	M 12:40 - 13:40 BODYBALANCE [®] Vivi Kusuma	M 12:30 - 13:30 BODYATTACK [®] Bhas	M 11:20 - 12:20 BODYJAM [®] Jacynln	M 12:40 - 13:30 POUND Edwin Ko		M 13:30 - 14:00 HARD CORE [™] OVERLOAD Benji	M 13:30 - 14:30 DYNAMIC FLOW [™] YOGA Megan
	M 18:40 - 19:40 ZUMBA [®] Amy	M 18:40 - 19:40 BODYCOMBAT [®] Joyce	M 12:30 - 13:30 GENTLE FLOW [™] YOGA Junwei	M 18:40 - 19:40 ZUMBA [®] Sharmin	M 18:40 - 19:40 BODYBALANCE [®] Choky	M 14:00 - 14:30 HARD CORE [™] Benji	M 14:40 - 15:30 SH'BAM [®] Desmond Chen
	M 19:45 - 20:45 BODYBALANCE [®] Amy	M 19:45 - 20:45 LES MILLS TONE [™] Choky	M 18:40 - 19:10 BODYATTACK [®] Glenn	M 19:45 - 20:45 BODYATTACK [®] Bhas	B 19:45 - 20:15 HARD CORE [™] OVERLOAD Choky	M 14:40 - 15:40 BODYATTACK [®] Benji	M 15:40 - 16:40 BODYJAM [®] Desmond Chen
	M 20:50 - 21:35 BODYSTEP [®] Joey Tan	M 20:50 - 21:35 BODYBALANCE [®] Choky	M 19:10 - 19:40 BODYSTEP [®] ATHLETIC Glenn	M 20:50 - 21:35 BODYPUMP [®] Jon Ho	B 20:15 - 20:45 HARD CORE [™] Choky		
			M 19:45 - 20:45 BODYPUMP [®] Glenn		M 20:50 - 21:35 BODYCOMBAT [®] Levian		
			M 20:50 - 21:50 YIN YOGA Cindy Tan				
	7:30 - 8:00 freestyle Group Training STRENGTH Muhammad	7:30 - 8:00 freestyle Group Training STRENGTH Zen	7:30 - 8:00 freestyle Group Training VIBRATION TRAINING Zen	7:30 - 8:00 freestyle Group Training X-BLAST Rahmat	7:30 - 8:00 freestyle Group Training HIIT Firdaus		
	10:00 - 10:30 freestyle Group Training X-BLAST Ros	10:00 - 10:30 freestyle Group Training BAG DRILLS Vincent	10:00 - 10:30 freestyle Group Training STRENGTH Sasha	10:00 - 10:30 freestyle Group Training HIIT Lisa	10:00 - 10:30 freestyle Group Training BAG DRILLS Muhammad	10:00 - 10:30 freestyle Group Training HIIT Firdaus	10:00 - 10:30 freestyle Group Training VIBRATION TRAINING Rahmat
	12:30 - 13:00 freestyle Group Training VIBRATION TRAINING Vincent	12:30 - 13:00 freestyle Group Training MULTIFUNCTIONAL CIRCUIT Lisa	12:30 - 13:00 freestyle Group Training BAG DRILLS Afiq	12:30 - 13:00 freestyle Group Training MULTIFUNCTIONAL CIRCUIT Firdaus	12:30 - 13:00 freestyle Group Training STRENGTH Sasha	12:30 - 13:00 freestyle Group Training MULTIFUNCTIONAL CIRCUIT Ros	12:30 - 13:00 freestyle Group Training STRENGTH Lisa
	15:00 - 15:30 freestyle Group Training MULTIFUNCTIONAL CIRCUIT Zen		15:00 - 15:30 freestyle Group Training HIIT Firdaus		15:00 - 15:30 freestyle Group Training X-BLAST Rahmat	15:00 - 15:30 freestyle Group Training MUAY FIGHT PRO Ros	15:00 - 15:30 freestyle Group Training BAG DRILLS Muhammad
	18:30 - 19:00 freestyle Group Training HIIT Lisa		18:30 - 19:30 freestyle Group Training SPARTAN Dittaya		18:30 - 19:00 freestyle Group Training VIBRATION TRAINING Afiq	17:00 - 17:30 freestyle Group Training STRENGTH Vincent	
		19:00 - 19:30 freestyle Group Training MUAY FIGHT PRO Afiq		19:00 - 19:30 freestyle Group Training MUAY FIGHT PRO Muhammad			
POOL	M 19:00 - 20:00 AQUA FIT [®] Shirley			M 20:00 - 21:00 AQUA FIT [®] Eunice			

	MON	TUE	WED	THU	FRI	SAT	SUN		MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 8:15 - 9:15	M 8:00 - 8:30	M 7:00 - 8:00	M 8:15 - 9:15	M 8:05 - 9:05		M 8:40 - 9:40	MIND & BODY STUDIO	M 8:15 - 9:00	M 8:05 - 9:05	M 8:05 - 9:05	M 8:05 - 9:05	M 9:10 - 10:10	M 9:40 - 10:40	M 9:20 - 10:35
	BODYPUMP®	HARDCORE™	BODYCOMBAT®	TOTAL BODY CONDITIONING	BODYCOMBAT®		BODYCOMBAT®		MOVE™	YIN YOGA	BODYBALANCE®	PILATES	VINYASA YOGA	CORE CONDITIONING	TAICHI
	Alvin Kwek	Lihua	Ema	Desiree	Nicole		Kee		PT Team	Joyce	Joyce Lee	Molly	Haley	Yvonne Seow	Justin
	M 9:20 - 10:10	M 8:30 - 9:00	M 8:05 - 8:55	M 9:20 - 10:10	M 9:10 - 10:10	M 10:50 - 11:50	M 9:50 - 10:50		M 9:20 - 10:20	M 9:10 - 10:10	M 9:10 - 10:10	M 9:10 - 10:10	M 10:15 - 11:15	M 10:50 - 11:50	M 11:00 - 12:00
	POUND	HARDCORE™ OVERLOAD	SUSPENSION EXERCISE CLASS	SH'BAM®	BODYATTACK®	LES MILLS TONE™	CIRCUIT		VINYASA YOGA	PILATES	YIN YOGA	BODYBALANCE®	YIN YOGA	FIT KIDZ (5-10 YRS)	PILATES
	Edwin	Lihua	Ema	Ema	Heather	Cheslyn	Ali		Jo Lim	Molly	Jeffrey	Jeffrey	Joyce Lee	Yvonne Seow	Grace Phang
	M 10:15 - 11:15	M 9:10 - 10:10	M 9:10 - 10:10	M 10:15 - 11:15	M 10:15 - 11:15		M 11:00 - 12:00			M 10:15 - 11:15	M 10:15 - 11:15				
	ZUMBA®	BODYCOMBAT®	BODYPUMP®	LES MILLS TONE™	CORE CONDITIONING		BODYPUMP®			GENTLE FLOW™ YOGA	DYNAMIC FLOW™ YOGA				
	Valerie Ho	Jo Tan	Linda	Cheslyn	Lihua		Kee			Joyce Lee	Cheslyn				
	M 11:20 - 12:20	M 10:15 - 11:15	M 10:15 - 11:15	M 11:20 - 12:20	M 11:20 - 12:20				M 11:20 - 12:20	M 11:20 - 12:20	M 11:20 - 12:20	M 11:20 - 12:20	M 11:20 - 12:20	M 12:00 - 13:00	M 12:10 - 13:10
	BODYPUMP®	BODYJAM®	BODYSTEP®	BODYCOMBAT®	ZUMBA®				FITBALL CORE	BODYBALANCE®	HATHA YOGA	GENTLE FLOW™ YOGA	RESTORATIVE YOGA	PILATES	YIN YOGA
	Ema	Ana	Jeffrey	Lock	Miko				Kai Xin	Haley	Ash	Joyce Lee	Haley	Molly	Albert
	M 12:30 - 13:30	M 11:20 - 12:20	M 11:20 - 12:20	M 12:30 - 13:30		M 12:00 - 13:00	M 12:10 - 13:10		M 12:30 - 13:30	M 15:15 - 16:00			M 12:30 - 13:15	I/A 13:10 - 14:10	M 13:20 - 14:20
	BODYCOMBAT®	LES MILLS TONE™	BODYJAM®	BODYPUMP®		BODYATTACK®	BODYSTEP®		PILATES	MOVE™			MOVE™	VINYASA YOGA	BODYBALANCE®
	Mingfei	Ana	Angie Tion	Jay		Edwin Chiam	Didi		Alvan	PT Team			PT Team	Jo Lim	Kee
	M 16:20 - 17:20	M 12:30 - 13:30	M 12:25 - 13:25	M 13:40 - 14:40		M 13:10 - 14:10	M 13:20 - 13:50		M 17:30 - 18:30	M 17:30 - 18:20	M 16:10 - 17:10		M 18:40 - 19:40	M 14:20 - 15:20	M 14:30 - 15:30
	BODYCOMBAT®	CIRCUIT	ZUMBA®	CIRCUIT		BODYPUMP®	HARDCORE™		GENTLE FLOW™ YOGA	DYNAMIC FLOW™ YOGA	PILATES		BODYBALANCE®	YIN YOGA	PILATES
	Jo Tan	Ali	Erich	Jay		Renu	Desiree		Yvonne Seow	Cheslyn	Samantha		Sean	Jo Lim	Eulin
						M 14:20 - 15:20	M 13:55 - 14:25		M 18:35 - 19:25	M 18:30 - 19:30	M 18:30 - 19:30	M 17:20 - 18:20	M 19:45 - 20:45	M 15:30 - 16:30	M 15:40 - 16:40
						BODYCOMBAT®	HARDCORE™ OVERLOAD		FITBALL (TONE)	BODYBALANCE®	GENTLE FLOW™ YOGA	PILATES	YOGA	BODYBALANCE®	FITBALL
						Edwin Chiam	Desiree		Yvonne Seow	Jasmine	Cindy	Serena Tan	Dr Kajal	Gerald Aw	Eulin
CYCLING STUDIO	M 18:40 - 19:40	M 17:30 - 18:00	M 17:20 - 18:20		M 17:40 - 18:40	M 15:30 - 16:30	M 14:35 - 15:35	FREESTYLE AREA	M 19:35 - 20:35	M 19:35 - 20:35	M 19:40 - 20:40	M 18:30 - 19:30		M 17:00 - 17:45	M 17:00 - 17:45
	BODYPUMP®	HARDCORE™ OVERLOAD	BODYCOMBAT®		BODYPUMP®	BODYPUMP®	BODYCOMBAT®		PILATES	YOGA	PILATES	HATHA YOGA		MOVE™	MOVE™
	Cheslyn	Fang	Lay Yen		Jeannie	Benjamin Lai	Zhengjie		Molly	Dr Kajal	Molly	Haley		PT Team	PT Team
	M 19:45 - 20:45	M 18:25 - 19:25	M 18:30 - 19:30	M 18:30 - 19:30	M 18:45 - 19:35	M 16:40 - 17:40	M 15:45 - 16:45		M 20:40 - 21:40	M 20:40 - 21:40		M 19:35 - 20:35			
	BODYATTACK®	BODYCOMBAT®	STEP MOVE	BODYJAM®	SH'BAM®	ZUMBA®	BODYJAM®		BODYBALANCE®	RESTORATIVE YOGA		BODYBALANCE®			
	Heather	Fang	Fiona	Lee Tong	Naila	Ema	Lee Tong		Alison	Angie Choo		Christina Koh			
	M 20:50 - 21:35	M 19:30 - 20:30	M 19:35 - 20:25	M 19:35 - 20:35	M 19:40 - 20:40		M 16:50 - 17:40		M 9:00 - 9:30	M 9:00 - 9:30	M 9:00 - 9:30	M 9:00 - 9:30	M 9:00 - 9:30		
	BODYCOMBAT®	BODYSTEP®	SH'BAM®	BODYPUMP®	BODYCOMBAT®		SH'BAM®		<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training		
	Edwin Chiam	Edwin Ko	Nat	Derick	Adeline		Lee Tong		M 9:30 - 10:00	M 9:30 - 10:00	M 9:30 - 10:00	M 9:30 - 10:00	M 9:30 - 10:00		
		M 20:40 - 21:40	M 20:30 - 21:30	M 20:40 - 21:40			M 17:45 - 18:45		<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training		
		BODYPUMP®	BODYJAM®	BODYCOMBAT®			BODYCOMBAT®		M 12:00 - 12:30	M 12:00 - 12:30	M 12:00 - 12:30	M 12:00 - 12:30	M 12:00 - 12:30		
		Karel	Anita	Zhengjie			Priya		<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training		
	M 9:35 - 10:25	M 10:30 - 11:00 M 11:15 - 11:45	M 10:30 - 11:20	M 11:40 - 12:30		M 10:00 - 10:45	M 11:10 - 12:00		M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00		M 15:30 - 16:00	M 15:30 - 16:00
	RPM™	RPM™ EXPRESS	RPM™	RPM™		PRO 45	RPM™		<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training		<i>freestyle</i> Group Training	<i>freestyle</i> Group Training
	Carol Tan	Christina Chin	Von	Cheslyn		Alan Yap	Alan Tan		M 15:15 - 15:45		M 15:15 - 15:45	M 15:15 - 15:45	M 15:15 - 15:45	M 16:00 - 16:30	M 16:00 - 16:30
	M 19:10 - 19:40 M 19:50 - 20:20	M 18:45 - 19:35	I/A 18:40 - 19:10	M 19:00 - 19:50	M 19:00 - 19:30	M 14:00 - 14:50	M 12:10 - 12:40		<i>freestyle</i> Group Training		<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training	<i>freestyle</i> Group Training
	RPM™ EXPRESS	RPM™	PRO CYCLING™	RPM™	RPM™ EXPRESS	RPM™	RPM™ EXPRESS								
	Lilian	Cheslyn	Lay Yen	Lilian	Yanrong	Mich	Lennart								
			M 19:30 - 20:20												
			RPM™												
			Yanrong												

For latest updates, visit fitnessfirst.com.sg

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 7:05 - 8:05	M 7:05 - 8:05	M 7:15 - 8:15	M 7:05 - 8:05	M 7:15 - 8:15	M 12:00 - 1:00	M 9:10 - 9:40
	BODYPUMP®	BODYCOMBAT®	 AERIAL FLOW™ YOGA	LES MILLS TONE™	BODYATTACK®	BODYPUMP®	GRIT™
	Andre Wong	Nicole Si Toh	George	Mike	Jessica	Fernie	Adeline Lu
							M 9:50 - 10:20
							CXWORX™
							Adeline Lu
	M 12:10 - 12:55	M 12:10 - 13:00	M 12:10 - 13:10	M 12:10 - 12:55	M 12:10 - 12:55	M 13:10 - 13:40	M 10:30 - 11:30
	BODYPUMP®	SUSPENSION EXERCISE CLASS	GRIT™ HARDCORE™	BODYPUMP®	BODYBALANCE®	GRIT™	BODYPUMP®
	Jasmine	Leonard	Fernie	Jasmine	Amy	Fernie	Vivi Woon
	M 13:00 - 13:45	M 13:00 - 13:45	M 13:10 - 14:00	M 13:00 - 13:45	M 13:00 - 13:50	M 13:50 - 14:20	M 11:40 - 12:40
	BODYBALANCE®	BODYPUMP®	CIRCUIT	BODYCOMBAT®	POUND	HARDCORE™	BODYATTACK®
	Jasmine	Leonard	Fernie	Jasmine	Amy	Fernie	Lily
						M 14:30 - 15:30	M 12:50 - 13:35
						BODYCOMBAT®	BODYCOMBAT®
						Nat	Karel
			M 17:40 - 18:30	M 17:40 - 18:30		M 15:40 - 16:30	M 13:50 - 14:50
			 GENTLE FLOW™ YOGA	 AERIAL FLOW™ YOGA		POUND	BODYBALANCE®
			Junwei	Joanna		Nat	Jasmine
	M 18:35 - 19:35	M 18:45 - 19:35	M 18:35 - 19:35	M 18:40 - 19:40	M 18:35 - 19:35	M 16:40 - 17:40	M 15:00 - 16:00
	 AERIAL FLOW™ YOGA	POUND	BODYCOMBAT®	BODYPUMP®	BODYCOMBAT®	BODYJAM®	LES MILLS TONE™
	Joanna	Nat	Junwei	Fernie	Jasper	Taufiq	Kenny
FREESTYLE GROUP TRAINING	M 19:40 - 20:40	M 19:40 - 20:30	M 19:40 - 20:40	M 19:45 - 20:15	M 19:40 - 20:40	M 17:50 - 18:50	M 16:10 - 17:10
	BODYCOMBAT®	SH'BAM®	LES MILLS TONE™	 HARDCORE™ OVERLOAD	BODYPUMP®	 AERIAL FLOW™ YOGA	 AERIAL FLOW™ YOGA
	Nicholas Mak	Nat	Benjamin Lai	Glenn	Carrick	Gary Koh	Alison
				M 20:20 - 21:20			
				BODYATTACK®			
				Glenn			
	M 20:45 - 21:45	M 20:35 - 21:35	M 20:45 - 21:15				
	BODYJAM®	BODYPUMP®	CXWORX™				
	Joanne Chua	Nathaniel	Leonard				
	M 12:00 - 12:30	M 12:00 - 12:45	M 12:00 - 12:30	M 12:00 - 12:30	M 12:00 - 12:30		
	freestyle Group Training SURGE	freestyle Group Training SPARTAN	freestyle Group Training X-BLAST	freestyle Group Training SURGE	freestyle Group Training BURN		
	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:15		
	freestyle Group Training HERO 30	freestyle Group Training SURGE	freestyle Group Training HERO 30	freestyle Group Training BURN	freestyle Group Training SPARTAN		
		M 13:05 - 13:35	M 12:30 - 13:20			M 13:30 - 14:15	M 14:00 - 14:45
		freestyle Group Training BURN	 ANIMAL FLOW YOGA™			freestyle Group Training SPARTAN	freestyle Group Training HERO 45
	M 18:00 - 18:30	M 18:00 - 18:45	M 18:00 - 18:45	M 18:00 - 18:30	M 18:00 - 18:35	M 15:00 - 15:30	M 15:00 - 15:30
	freestyle Group Training BURN	freestyle Group Training HERO 45	freestyle Group Training SPARTAN	freestyle Group Training SURGE	freestyle Group Training X-BLAST	freestyle Group Training SURGE	freestyle Group Training BURN
	M 18:35 - 19:10	M 18:30 - 19:05	M 18:25 - 18:55	M 18:25 - 19:00	M 18:30 - 19:00	M 16:00 - 16:45	M 16:00 - 16:45
	freestyle Group Training X-BLAST	freestyle Group Training X-BLAST	freestyle Group Training BURN	freestyle Group Training X-BLAST	freestyle Group Training SURGE	freestyle Group Training HERO 45	freestyle Group Training SPARTAN
	M 19:10 - 19:55		M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:45		
	freestyle Group Training SPARTAN		freestyle Group Training SURGE	freestyle Group Training BURN	freestyle Group Training HERO 45		

	MON	TUE	WED	THU	FRI	SAT
GROUP EXERCISE STUDIO	M 7:10 - 8:10	M 7:10 - 8:00	M 7:10 - 8:00	M 7:00 - 8:00	M 7:10 - 7:55	M 9:25 - 10:25
	HATHA YOGA	BODYCOMBAT®	 GENTLE FLOW™ YOGA	BODYPUMP®	BODYBALANCE®	BODYPUMP®
	Lihua	Lock	Joanna	Cheerene	Joanna	Alan Shin
		M 8:15 - 8:45				M 10:30 - 11:30
		GRIT™ STRENGTH				BODYCOMBAT®
		Gabriel Kwek				Fang
		M 9:00 - 10:00				M 11:40 - 12:10
		BODYPUMP®				 HARD CORE™ OVERLOAD
		Gabriel Kwek				Fang
	M 12:00 - 12:50	M 12:05 - 12:55	M 12:00 - 12:30	M 12:00 - 12:30	M 12:05 - 12:50	M 12:10 - 12:40
	BOSU®	CIRCUIT	GRIT™	 HARD CORE™ OVERLOAD	BODYCOMBAT®	 HARD CORE™
	Joanna	Carol Then	Rolly	Joanna	Renu	Fang
			M 12:35 - 13:05	M 12:30 - 13:00	M 13:00 - 13:45	M 12:50 - 13:50
			SUSPENSION EXERCISE CLASS	 HARD CORE™	BODYPUMP®	 AERIAL FLOW™ YOGA
			Rolly	Joanna	Renu	Kimberly
	M 13:00 - 14:00	M 13:00 - 14:00	M 13:10 - 13:55	M 13:00 - 13:50		M 14:00 - 15:00
	 AERIAL FLOW™ YOGA	 GENTLE FLOW™ YOGA	BODYPUMP®	 DYNAMIC FLOW™ YOGA		BODYPUMP®
	Joanna	Carol Then	Jeannie	Joanna		Ben Chiu
	M 18:30 - 19:30	M 17:30 - 18:30		M 17:30 - 18:30	M 18:15 - 19:15	
	BODYCOMBAT®	 AERIAL FLOW™ YOGA		 AERIAL FLOW™ YOGA	BODYPUMP®	
	Karel	Carol Then		Jasmine Liew	Gerald Aw	
CYCLING STUDIO	M 19:35 - 20:05	M 18:35 - 19:35	M 18:30 - 19:30	M 18:35 - 19:35	M 19:30 - 20:30	
	GRIT™	ZUMBA®	BODYATTACK®	BODYCOMBAT®	 GENTLE FLOW™ YOGA	
	Janelle	Nhing	Jessica	Gary	Gerald Aw	
	M 20:15 - 21:15	M 19:40 - 20:40	M 19:40 - 20:40	M 19:40 - 20:40		
	 AERIAL FLOW™ YOGA	BODYBALANCE®	BODYCOMBAT®	BODYPUMP®		
	Benny Li	C.S.	Ming Fei	C.J.		
FREESTYLE AREA	M 12:10 - 12:40	I/A 12:10 - 12:55	M 12:10 - 13:00	M 12:00 - 12:30	M 12:10 - 13:00	M 10:30 - 11:20
	RPM™ EXPRESS	 PRO CYCLING™ 45	RPM™	RPM™ EXPRESS	RPM™	RPM™
	Juliana	Zul	Jeannie	Jamie	Megan	Bernie
	M 12:50 - 13:20			M 12:40 - 13:10		
	RPM™ EXPRESS			RPM™ EXPRESS		
	Juliana			Jamie		
		M 18:30 - 19:20	M 18:40 - 19:30	M 18:40 - 19:30		
		RPM™	RPM™	RPM™		
		Alan Yap	Josephine Lim	Jeannie		
	M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30	
	™ freestyle Group Training HIIT	™ freestyle Group Training STRENGTH	™ freestyle Group Training STRENGTH	™ freestyle Group Training HIIT	™ freestyle Group Training STRENGTH	
	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	
	™ freestyle Group Training STRENGTH	™ freestyle Group Training HIIT	™ freestyle Group Training HIIT	™ freestyle Group Training STRENGTH	™ freestyle Group Training HIIT	
	M 13:30 - 14:00	M 13:30 - 14:00	M 13:30 - 14:00	M 13:30 - 14:00	M 13:30 - 14:00	M 13:30 - 14:00
	™ freestyle Group Training HIIT	™ freestyle Group Training STRENGTH	™ freestyle Group Training HIIT	™ freestyle Group Training HIIT	™ freestyle Group Training STRENGTH	™ freestyle Group Training STRENGTH
	M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:30	
	™ freestyle Group Training HIIT	™ freestyle Group Training STRENGTH	™ freestyle Group Training STRENGTH	™ freestyle Group Training HIIT	™ freestyle Group Training STRENGTH	

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO		M 8:00 - 8:50	M 8:00 - 8:50	I/A 8:00 - 8:50	M 8:00 - 8:50		
		ZUMBA®	SUSPENSION TRAINING	 AERIAL FLOW™ YOGA (Level 2)	CORE YOGA		
		Jaenny	Magesh	Kimberly	CT		
	M 9:00 - 9:50	M 9:00 - 9:50	M 9:00 - 10:00	M 9:00 - 9:50	M 9:00 - 9:50	M 9:00 - 9:50	
	SUSPENSION TRAINING	HATHA YOGA	POWER YOGA	 AERIAL FLOW™ YOGA	VINYASA YOGA	ZUMBA®	
	Magesh	Gary Koh	Magesh	Kimberly	CT	Robyn	
		M 10:00 - 10:50	M 10:10 - 11:00	M 10:00 - 11:00	M 10:00 - 11:00	M 10:00 - 11:00	M 10:00 - 11:00
		CIRCUIT	SH'BAM®	VINYASA YOGA	 HARDCORE™ OVERLOAD  HARDCORE™	BODYPUMP®	CORE YOGA
		Fong	Charmaine Cheong / Joanna	Kimberly	Edwin Ko	Robyn	Fabian
	M 11:00 - 12:00	M 11:00 - 12:00	M 11:10 - 12:00	M 11:10 - 12:00		M 11:10 - 12:10	M 11:10 - 12:00
	BODYPUMP®	YIN YOGA	POUND	CIRCUIT		BODYCOMBAT®	 AERIAL FLOW™ YOGA
	Lokies / Nicky	Gary Koh	Joanna	Fong		Kenneth	Fabian
	M 12:10 - 1:10	M 12:10 - 1:00	M 12:10 - 12:55	M 12:10 - 12:55	M 12:10 - 1:00	M 12:20 - 1:20	M 12:10 - 1:10
	BODYCOMBAT®	SUSPENSION TRAINING	BODYBALANCE®	BODYPUMP®	ZUMBA®	BODYJAM®	BODYPUMP®
	Jerome/Nicky	Fong	Joanna	Robyn	Jaenny	Anita	Nicolas
		M 17:00 - 17:50				M 13:30 - 14:30	M 13:20 - 14:20
		 AERIAL FLOW™ YOGA				SUSPENSION TRAINING	BODYCOMBAT®
		Kimberly				Fabian	Justin
	M 18:00 - 18:50	M 18:00 - 18:50	M 18:00 - 18:50		M 18:00 - 19:00	M 14:40 - 15:40	M 14:30 - 15:20
	BOSU®	HATHA YOGA	VIPR™		BODYPUMP®	 AERIAL FLOW™ YOGA	ZUMBA®
	Fong	Kimberly	Fong		Kester	Fabian	Timothy Zhuo
	M 19:00 - 20:00	M 19:00 - 20:00	M 19:00 - 19:50	M 19:00 - 20:00	M 19:10 - 20:00	M 15:50 - 16:50	M 15:30 - 16:30
	BODYCOMBAT®	 AERIAL FLOW™ YOGA	CORE CONDITIONING	CIRCUIT	SUSPENSION TRAINING	DANCE MOVES	HATHA YOGA
	Toshie	Kimberly	Fong	Rolly	Rolly	Isham	Ben Chiu
	M 20:10 - 21:10	M 20:10 - 21:10	M 20:00 - 21:00	M 20:10 - 21:10	M 20:10 - 21:10		M 16:40 - 17:40
	CIRCUIT	DANCE MOVES	BODYPUMP®	BODYCOMBAT®	ZUMBA®		 AERIAL FLOW™ YOGA
	Fong	Isham	Simon	Kenneth	KK		Ben Chiu
	M 21:20 - 22:05	M 21:20 - 22:10	M 21:10 - 22:10	M 21:20 - 22:10			
	BODYPUMP®	ZUMBA®	BODYBALANCE®	STRONG BY ZUMBA			
	Robyn	Timothy Zhuo	Geoffrey	Fion			
CYCLING STUDIO		M 11:00 - 11:50	M 12:10 - 13:00			M 10:10 - 11:00	M 11:10 - 12:00
		RPM™	RPM™			RPM™	RPM™
		Robyn	Monica			Jeannie	Pierre
	M 19:20 - 19:50		M 19:05 - 19:50	M 19:00 - 19:50			
	 PRO CYCLING™		 PRO CYCLING™45	RPM™			
FREESTYLE AREA			Alan Yap	Joe			
	M 20:10 - 21:00	M 20:10 - 21:00			M 20:10 - 21:00		
	RPM™	RPM™			RPM™		
	Robyn	Gabriel Loh			Zul		
	M 7:30 - 8:00						M 12:00 - 12:45
	freestyle Group Training STRENGTH						freestyle Group Training HIIT 45
				M 10:00 - 10:45		M 13:00 - 13:45	
				freestyle Group Training STRENGTH 45		freestyle Group Training STRENGTH 45	
	M 19:00 - 19:45	M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:45		
	freestyle Group Training HIIT 45	freestyle Group Training STRENGTH	freestyle Group Training HIIT	freestyle Group Training HIIT	freestyle Group Training STRENGTH 45		

CAPITAL TOWER SPORTS PERFORMANCE

April - June 2019

	MON	TUE	WED	THU	FRI	SAT
MAIN FLOOR		M 7:00 - 8:00 SPORTS PERFORMANCE RUN Teryn	M 7:30 - 8:15 FREESTYLE GROUP TRAINING™ PRIMAL Marvin Pang	M 7:15 - 8:15 SPORTS PERFORMANCE RUN Jeynelle		
		M 13:05 - 13:35 FREESTYLE GROUP TRAINING™ PEAK Sasha			M 12:15 - 12:45 FREESTYLE GROUP TRAINING™ PEAK Sasha	M 13:00 - 14:00 SPORTS PERFORMANCE RUN Hairul
					M 18:00 - 18:45 FREESTYLE GROUP TRAINING™ ATHLETICA Francis	
POOL	M 12:00 - 13:00 SPORTS PERFORMANCE SWIM Teryn	M 12:10 - 13:10 SPORTS PERFORMANCE SWIM Jamie	M 12:00 - 13:00 SPORTS PERFORMANCE SWIM Teryn	M 12:00 - 13:00 SPORTS PERFORMANCE SWIM Teryn		M 11:00 - 12:00 AQUA FIT® Han Yue
			M 19:00 - 20:00 SPORTS PERFORMANCE SWIM Teryn		M 19:00 - 20:00 SPORTS PERFORMANCE SWIM Teryn	M 12:00 - 13:00 SPORTS PERFORMANCE SWIM Hairul
CYCLING STUDIO	M 7:20 - 8:10 RPM™ Yvonne Seow	M 7:20 - 8:10 RPM™ Kelvin	M 7:20 - 8:10 RPM™ Carol Then	M 7:20 - 8:10 RPM™ Monica	I/A 7:20 - 8:20 RPM™ CHALLENGE Yan Rong	I/A 10:10 - 11:10 RPM™ CHALLENGE Von
	I/A 12:15 - 13:00 PRO CYCLING™ Vivi Woon	I/A 12:15 - 13:00 PRO CYCLING™ Vivi Woon	M 12:15 - 13:05 RPM™ Kelvin	M 12:10 - 13:00 PRO CYCLING™ Sherlin	I/A 12:10 - 12:55 PRO CYCLING™ Julian	
	M 18:40 - 19:30 RPM™ Monica	M 18:40 - 19:30 RPM™ Christina Chin	I/A 18:40 - 19:40 RPM™ CHALLENGE Kee	M 18:40 - 19:30 RPM™ Vivi Woon	M 18:40 - 19:20 RPM™ Josephine L	
	M 19:45 - 20:35 RPM™ Alan Tan	M 19:45 - 20:35 RPM™ Cara				
THE PLAYGROUND	M 7:30 - 8:15 FREESTYLE GROUP TRAINING™ PRIMAL Marvin Pang	M 7:15 - 8:15 BODYPUMP® Shirley Tan	M 7:15 - 8:15 BODYCOMBAT® Jimmy	M 7:15 - 8:15 BODYPUMP® Lennart	M 7:15 - 8:15 BODYCOMBAT® Lock	M 11:30 - 12:30 BODYPUMP® Alan Shin
	M 12:00 - 13:00 BODYPUMP® Julian	M 12:00 - 12:30 HARDCORE™ OVERLOAD Desiree	M 12:00 - 13:00 BODYPUMP® Shirley Tan	M 12:15 - 13:00 FREESTYLE GROUP TRAINING™ PRIMAL Fadhle	M 12:00 - 13:00 BODYPUMP® Alan Shin	M 12:40 - 13:40 BODYCOMBAT® Karel Tan
	M 13:05 - 13:35 HARDCORE™ Julian	M 12:30 - 13:00 HARDCORE™ Desiree	M 13:05 - 13:55 FREESTYLE GROUP TRAINING™ ATHLETICA Francis	M 13:05 - 13:35 HARDCORE™ OVERLOAD Sherlin	M 13:00 - 13:50 CORE CONDITIONING Julian	
		M 13:00 - 14:00 BODYPUMP® Shirley Tan				
	M 18:40 - 19:40 BODYPUMP® Marie	M 18:40 - 19:40 BODYPUMP® Win	M 18:40 - 19:40 BODYCOMBAT® Alex Koh	M 18:40 - 19:40 BODYPUMP® Nicky	M 18:40 - 19:40 BODYCOMBAT® Nicholas Mak	
		M 19:40 - 20:40 BODYCOMBAT® Nicholas Mak	M 19:40 - 20:40 BODYATTACK® Toby Ng	M 19:40 - 20:40 BODYCOMBAT® Lock		

	MON	TUE	WED	THU	FRI	SAT
THE LAB	M 7:15 - 8:00 FREESTYLE GROUP TRAINING™ ATHLETICA Leon Tan			M 7:15 - 8:00 SPORTS PERFORMANCE PRIMAL Fadhle	M 7:15 - 8:00 FREESTYLE GROUP TRAINING™ ATHLETICA Leon	M 9:00 - 9:45 FREESTYLE GROUP TRAINING™ ATHLETICA Leon
	M 12:15 - 13:00 FREESTYLE GROUP TRAINING™ PRIMAL Leon	M 12:15 - 13:00 FREESTYLE GROUP TRAINING™ PRIMAL Bryan	M 12:15 - 13:00 SPORTS PERFORMANCE STRIKE Marvin Pang	M 12:15 - 13:00 SPORTS PERFORMANCE PRIMAL Bryan	M 12:15 - 13:00 FREESTYLE GROUP TRAINING™ ATHLETICA Fadhle	
	M 13:00 - 13:50 SPORTS PERFORMANCE MOBILE Marvin Pang		M 13:00 - 13:50 SPORTS PERFORMANCE MOBILE Bryan			M 15:00 - 15:45 FREESTYLE GROUP TRAINING™ ATHLETICA Fadhle
	M 18:30 - 19:15 FREESTYLE GROUP TRAINING™ PRIMAL Bryan	M 18:30 - 19:15 FREESTYLE GROUP TRAINING™ ATHLETICA Marvin Pang	M 18:30 - 19:15 FREESTYLE GROUP TRAINING™ PRIMAL Fadhle	M 18:30 - 19:15 FREESTYLE GROUP TRAINING™ ATHLETICA Bryan	M 18:00 - 18:30 SPORTS PERFORMANCE MOBILE Leon	
		M 19:30 - 20:15 SPORTS PERFORMANCE STRIKE Marvin Pang		M 19:30 - 20:15 SPORTS PERFORMANCE STRIKE Marvin Pang	M 18:30 - 19:15 FREESTYLE GROUP TRAINING™ PRIMAL Yong Wen	

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	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 7:00 - 8:00 BODYCOMBAT® Ema	M 8:05 - 9:05 BODYATTACK® Glenn	M 7:00 - 8:00 BODYPUMP® Ryan Haryadi	M 8:05 - 8:35 HARD CORE™ OVERLOAD Jenny	M 7:00 - 8:00 BODYPUMP® Geoffrey		
	M 8:05 - 9:05 TOTAL BODY CONDITIONING Ken	M 9:10 - 10:10 BODYSTEP® ATHLETIC Glenn	M 8:05 - 9:05 BODYSTEP® Benji	M 8:35 - 9:05 HARD CORE™ Jenny	M 8:05 - 9:05 BODYCOMBAT® Ema	M 10:00 - 11:00 BODYATTACK® Grace Yew	M 10:00 - 11:00 BODYPUMP® Grace Lee
	M 9:10 - 10:10 STEP MOVES Ken	M 10:15 - 11:15 BODYPUMP® Shirley Tan	M 9:10 - 10:10 CORE CONDITIONING JJ	M 9:10 - 10:10 BODYPUMP® Glenn	M 9:10 - 10:10 ZUMBA® Ema	M 11:05 - 12:05 BODYCOMBAT® Kee	M 11:05 - 12:05 BODYSTEP® Jasper Zeng
	M 10:15 - 11:15 ZUMBA® Ana	M 11:20 - 12:05 BODYCOMBAT® Levian	M 10:15 - 11:15 BODYCOMBAT® Kee	M 10:15 - 11:15 BODYATTACK® Glenn	M 10:15 - 11:15 BODYSTEP® Glenn		
	M 11:30 - 12:00 HARD CORE™ OVERLOAD Hui Shan		M 11:30 - 12:00 HARD CORE™ Lihua	M 11:20 - 12:10 ZUMBA® Amy	M 11:30 - 12:00 CXWORX™ Glenn		
	M 12:15 - 13:15 BODYCOMBAT® Nat	M 12:15 - 13:15 BODYSTEP® Jeffrey	M 12:15 - 13:15 BODYPUMP® Rozanne	M 12:15 - 13:15 BODYCOMBAT® Desmond Liew	M 12:15 - 13:15 BODYPUMP® Nathaniel	M 12:10 - 13:10 BODYPUMP® Glenn	M 12:10 - 13:10 BODYATTACK® Daniel
						M 13:15 - 14:15 BODYSTEP® Glenn	M 13:15 - 14:15 ZUMBA® Ema
	M 17:20 - 18:20 BODYCOMBAT® Ming Fei	M 17:20 - 18:20 BODYATTACK® Benji / Aaron Goh	M 17:20 - 18:20 TOTAL BODY CONDITIONING Mervyn Jin	M 17:20 - 18:20 BODYPUMP® Gabriel Kwek	M 17:20 - 18:20 BODYCOMBAT® Lay Yen	M 14:20 - 15:20 BODYJAM® Ana	M 14:20 - 15:20 BODYCOMBAT® Ema
	M 18:30 - 19:30 BODYPUMP® Vivi Woon	M 18:30 - 19:30 BODYJAM® Ana	M 18:30 - 19:30 BODYPUMP® Debbie	M 18:30 - 19:30 BODYCOMBAT® Levian	M 18:30 - 19:30 ZUMBA® Serene Yee	M 15:25 - 16:25 BODYCOMBAT® Lock	M 15:25 - 16:25 BODYPUMP® Lester Lu
	M 19:40 - 20:40 BODYATTACK® Glenn	M 19:40 - 20:40 BODYCOMBAT® Rachel Soh / Priya	M 19:40 - 20:40 BODYATTACK® Whaleson/Melissa	M 19:40 - 20:40 BODYSTEP® ATHLETIC Carol Tan	M 19:40 - 20:40 BODYPUMP® Yinshi		
	M 20:45 - 21:45 BODYCOMBAT® Jage	M 20:45 - 21:45 BODYPUMP® Bhas	M 20:45 - 21:45 BODYCOMBAT® Jeannie	M 20:45 - 21:45 BODYATTACK® Mervyn Lau	M 20:45 - 21:45 BODYCOMBAT® Nat		
			M 18:40 - 19:30 AQUA FIT® Shirley Cornelius				M 9:30 - 10:30 AQUA FIT® Eunice

	MON	TUE	WED	THU	FRI	SAT	SUN
MIND & BODY STUDIO	M 8:05 - 9:05 HOT FLOW™ YOGA Michelle Ho	M 7:00 - 8:00 GENTLE FLOW™ YOGA Haley	M 8:05 - 9:05 PILATES Jeremy	M 7:00 - 8:00 HATHA YOGA Chandran	M 8:05 - 9:05 TAI CHI Justin		M 8:55 - 9:55 SCULPT & STRETCH Nicholas Lim
	M 9:10 - 10:10 CORE FLOW™ YOGA Haley	M 9:10 - 10:10 HOT FLOW™ YOGA Jenny	A 9:30 - 11:00 (90min) ADVANCED FLOW™ YOGA Jo Lim	M 9:10 - 10:10 YIN YOGA Albert	M 9:10 - 10:10 BODYBALANCE® Jeffrey	M 10:00 - 11:00 BODYBALANCE® Choky	M 10:00 - 11:00 PILATES Nicholas Lim
	M 10:15 - 11:15 BODYBALANCE® Haley	M 10:15 - 11:15 YIN YOGA Jeffrey	M 11:20 - 12:05 BODYBALANCE® Amy	M 10:15 - 11:00 BODYBALANCE® Amy	M 10:15 - 11:15 HOT FLOW™ YOGA Jeffrey	M 11:05 - 12:05 YIN YOGA Regina	M 11:05 - 12:05 BODYBALANCE® Geoffrey
	M 11:20 - 12:10 GENTLE FLOW™ YOGA Cheslyn	M 11:20 - 12:10 DYNAMIC FLOW™ YOGA Jeffrey	M 12:15 - 13:15 YIN YOGA Jo Lim	M 11:20 - 12:10 PILATES Kaixin	M 11:20 - 12:10 GENTLE FLOW™ YOGA Jeffrey	M 12:10 - 13:10 HOT FLOW™ YOGA Regina	M 12:10 - 13:25 (75min) VINYASA YOGA Yong Chuan
	M 12:15 - 13:15 PILATES Jeremy	M 12:15 - 13:15 BODYBALANCE® Jenny		M 12:15 - 13:15 HOT FLOW™ YOGA Caroline	M 12:15 - 13:15 DYNAMIC FLOW™ YOGA Jo Lim	M 13:15 - 14:15 PILATES Grace Phang	M 13:30 - 14:45 (75mins) TAI CHI Justin
	M 16:10 - 17:10 FITBALL Leonard						
	M 17:20 - 18:20 BODYBALANCE® Joyce Lee	M 17:20 - 18:20 DYNAMIC FLOW™ YOGA Yvonne Seow	M 17:20 - 18:20 GENTLE FLOW™ YOGA Jo Lim	M 17:20 - 18:20 PILATES Yizhen	M 17:20 - 18:20 POWER YOGA Amanda Koh	A 14:20 - 15:50 (75min) ADVANCED FLOW™ YOGA Caroline	M 14:50 - 16:05 (75min) HATHA YOGA Dr Kajal
	M 18:30 - 19:30 DYNAMIC FLOW™ YOGA Joyce Lee	M 18:30 - 19:30 CORE FLOW™ YOGA Yvonne Seow	M 18:30 - 19:30 BODYBALANCE® Christine Choo	M 18:30 - 19:30 HOT FLOW™ YOGA Yit Yan	M 18:30 - 19:30 BODYBALANCE® Christina Koh	M 15:55 - 17:10 (75min) HATHA YOGA Albert	
	M 19:40 - 20:40 YIN YOGA Joyce Lee	M 19:40 - 20:55 (75min) VINYASA YOGA Yuan Jing	M 19:40 - 20:40 HOT YOGA Chandran	M 19:40 - 20:40 BODYBALANCE® Joey Tay	M 19:40 - 20:55 (75min) HATHA YOGA Chandran	M 17:15 - 18:30 (75min) RESTORATIVE YOGA Albert	
	M 20:45 - 21:45 HOT YOGA Jamie Phua	M 21:00 - 21:30 CXWORX™ Jeannie	M 20:45 - 21:45 HATHA YOGA Chandran	M 20:45 - 21:45 GENTLE FLOW™ YOGA Megan			
		M 7:00 - 7:50 RPM™ Mich	M 11:20 - 12:10 RPM™ Glenn	A 7:00 - 7:50 RPM™ Lilian	I/A 9:10 - 10:10 RPM™ CHALLENGE Benji	I/A 8:45 - 9:45 RPM™ CHALLENGE Lester Lu	A 9:00 - 9:45 PRO CYCLING™ Zul
	M 12:20 - 13:10 RPM™ Cheslyn	M 12:20 - 13:10 RPM™ Jennifer Chen		M 8:10 - 9:00 RPM™ Dean		I/A 10:00 - 11:00 RPM™ CHALLENGE Kee	M 11:10 - 12:00 RPM™ Dharinni
	I/A 19:40 - 20:40 RPM™ CHALLENGE Lay Yen	A 19:00 - 19:45 PRO CYCLING™ Sharmin	M 19:45 - 20:35 RPM™ Willie	M 18:40 - 19:30 RPM™ Carol Tan	M 18:40 - 19:30 RPM™ Lay Yen	M 12:15 - 13:05 RPM™ Chong Wei	M 14:25 - 15:15 RPM™ Lester Lu
		M 19:50 - 20:40 RPM™ Jeannie					
	M 7:00 - 7:30 freestyle Group Training STRENGTH	M 7:00 - 7:30 freestyle Group Training HIIT	M 7:00 - 7:30 freestyle Group Training STRENGTH	M 7:00 - 7:30 freestyle Group Training STRENGTH	M 7:00 - 7:30 freestyle Group Training HIIT		
	M 12:30 - 13:00 freestyle Group Training STRENGTH	M 12:30 - 13:00 freestyle Group Training HIIT	M 12:30 - 13:00 freestyle Group Training STRENGTH	M 12:30 - 13:00 freestyle Group Training STRENGTH	M 12:30 - 13:00 freestyle Group Training HIIT	M 12:30 - 13:00 freestyle Group Training HIIT	M 12:30 - 13:00 freestyle Group Training HIIT
	M 18:30 - 19:00 freestyle Group Training STRENGTH	M 18:30 - 19:00 freestyle Group Training HIIT	M 18:30 - 19:00 freestyle Group Training STRENGTH	M 18:30 - 19:00 freestyle Group Training STRENGTH	M 18:30 - 19:00 freestyle Group Training HIIT		

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	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN STUDIO	M 9:00 - 9:50	M 9:00 - 10:00	M 9:00 - 9:30	M 9:00 - 9:50	M 9:00 - 9:50	M 9:00 - 10:00	
	PILATES	BODYPUMP®	 HARDCORE™ OVERLOAD	YIN YOGA	ZUMBA®	BODYPUMP®	
	Joyce	Robyn	Jay	Gary Koh	Nhing	Livia	
	M 10:00 - 10:50	M 10:10 - 11:10	M 9:30 - 10:00	M 10:00 - 10:50	M 10:00 - 11:00	M 10:10 - 11:00	M 10:00 - 10:50
	VINYASA YOGA	BODYCOMBAT®	 HARDCORE™	 AERIAL FLOW™ YOGA	BODYPUMP®	 AERIAL FLOW™ YOGA	PILATES
	Joyce	Jeannie	Jay	Gary Koh	Jay	Joleen	Alvan
	M 11:00 - 11:50	M 11:15 - 12:05	M 10:05 - 10:55	M 11:00 - 11:50	M 11:10 - 12:00	M 11:05 - 11:55	M 11:00 - 11:50
	POUND	SUSPENSION TRAINING	CIRCUIT	SH'BAM®	CORE	HATHA YOGA	SUSPENSION TRAINING
	Robyn	Magesh	Jay	Naila	Jay	Joleen	Joe
	M 12:00 - 12:50	M 12:10 - 13:00	M 11:00 - 11:50	M 12:00 - 12:50	M 12:10 - 13:10	M 12:00 - 12:50	M 12:00 - 1:00
	BODYPUMP®	 AERIAL FLOW™ YOGA	ZUMBA®	DANCE MOVES	BODYCOMBAT®	STRONG BY ZUMBA	BODYCOMBAT®
	Ryan Thng	Magesh	Timothy	Timothy	Levian	Jaenny	Jerome
			M 12:00 - 12:50				
			HATHA YOGA				
			CT				
			M 17:00 - 17:50	M 17:00 - 17:50		M 13:00 - 14:00	M 13:10 - 14:10
			HATHA YOGA	ZUMBA®		BODYCOMBAT®	BODYPUMP®
			Gary Koh	Jaenny		Toshie	Simon
	M 18:00 - 18:50	M 18:00 - 18:50	M 18:00 - 18:50	M 18:00 - 18:50	M 18:00 - 18:50	M 14:10 - 15:10	M 14:15 - 15:15
	HATHA YOGA	BOSU®	VINYASA YOGA	YOGA	SUSPENSION TRAINING	BODYPUMP®	ZUMBA®
	Megan	Fong	Gary Koh	Magesh	Magesh	Lennart	Sassy
	M 19:00 - 20:00	M 19:00 - 20:00	M 19:00 - 20:00	M 19:00 - 20:00	M 19:00 - 20:00	M 15:20 - 16:10	M 15:20 - 16:10
	BODYPUMP®	CIRCUIT	BODYCOMBAT®	ZUMBA®	 AERIAL FLOW™ YOGA	ZUMBA®	VINYASA YOGA
	Katherine	Fong	John Por	Sassy	Magesh	Fion	Joleen
	M 20:10 - 21:10	M 20:10 - 21:10	M 20:10 - 21:10	M 20:10 - 21:10	M 20:10 - 21:10	M 16:20 - 17:10	M 16:20 - 17:10
	BODYCOMBAT®	BODYCOMBAT®	TOTAL BODY CONDITIONING	BODYPUMP®	BODYPUMP®	CORE YOGA	 AERIAL FLOW™ YOGA
	Katherine	Albert S	John Por	Simon	Robyn	CT	Joleen
	M 21:20 - 22:10	M 21:20 - 22:05	M 21:20 - 22:10	M 21:15 - 22:15	M 21:20 - 22:10	M 17:20 - 18:10	
	LES MILLS TONE™	BODYPUMP®	ZUMBA®	BODYCOMBAT®	POUND	VINYASA YOGA	
	Mervyn	Nic	Timothy	Jerome	Robyn	CT	
FREESTYLE AREA	M 10:00 - 10:30	M 10:00 - 10:45	M 10:00 - 10:30	M 10:00 - 10:45	M 10:00 - 10:30	M 10:00 - 10:45	M 10:00 - 10:50
	freestyle Group Training HIIT	freestyle Group Training BURN 45	freestyle Group Training STRENGTH	freestyle Group Training BURN 45	freestyle Group Training HIIT	freestyle Group Training BURN 45	freestyle Group Training HIIT
	M 19:00 - 19:45	M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:45	M 19:00 - 19:45	M 12:00 - 12:30	M 12:00 - 12:30
	freestyle Group Training BURN 45	freestyle Group Training HIIT	freestyle Group Training HIIT	 ANIMAL FLOW YOGA™	freestyle Group Training BURN 45	freestyle Group Training POWER	freestyle Group Training POWER
CYCLING STUDIO	M 20:00 - 20:30		M 20:00 - 20:30				
	freestyle Group Training MUAY FIGHT PRG		freestyle Group Training MUAY FIGHT PRG				
	M 10:00 - 10:50	M 10:10 - 11:00	M 10:00 - 10:50	M 10:00 - 10:50	M 9:00 - 9:50	M 12:00 - 13:00	M 10:00 - 11:00
	RPM™	RPM™	RPM™	RPM™	RPM™	RPM™ CHALLENGE	RPM™ CHALLENGE
	Pierre	Pierre	Megan	Megan	Robyn	Randy	Joe
	M 19:15 - 20:00	M 19:00 - 19:50	M 19:00 - 19:50	M 19:00 - 19:45	M 19:00 - 19:50	M 15:20 - 16:10	M 14:15 - 15:05
	 PRO CYCLING™ 45	RPM™	RPM™	 PRO CYCLING™ 45	RPM™	RPM™	RPM™
	Jeannie	Megan	Pierre	Joe	Robyn	Lennart	Simon
	M 20:10 - 21:00		M 20:10 - 21:00	M 20:10 - 21:10			
	RPM™		RPM™	RPM™ 30			
	Megan		Randy	Randy			

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	MON	TUE	WED	THU	FRI	SAT
GROUP EXERCISE STUDIO	M 7:15 - 8:00	M 7:15 - 8:00	M 7:15 - 8:00	M 7:15 - 8:00	M 7:15 - 8:00	M 10:00 - 11:00
	BODYPUMP®	BODYCOMBAT®	CIRCUIT	SUSPENSION EXERCISE CLASS	CORE FLOW™ YOGA	BODYPUMP®
	Zac	Zac	Lihua	Yeoh	Faye	Ryan Haryadi
				M 11:15 - 12:00		M 11:05 - 12:05
				GENTLE FLOW™ YOGA		BODYCOMBAT®
				Christine Tan		Zac
	M 12:00 - 13:00	M 11:30 - 12:15	M 12:00 - 12:50	M 12:00 - 12:45	M 12:00 - 12:45	M 12:10 - 13:10
	BODYPUMP®	CIRCUIT	BODYPUMP®	BOSU®	BODYATTACK®	AERIAL FLOW™ YOGA
	Li Ju	Jay	Yeoh	Yusuf	Daniel	George
	M 13:00 - 14:00	M 12:15 - 13:00	M 13:00 - 13:30	M 13:00 - 14:00	M 13:00 - 13:45	M 13:15 - 14:15
	BODYCOMBAT®	CIRCUIT	GRIT™	BODYPUMP®	CIRCUIT	CIRCUIT
	Li Ju	Jay	Yeoh	Gavin	Christine Tan	Jay
		M 13:00 - 13:50	M 13:30 - 14:00			
		CORE FLOW™ YOGA	CORE			
		Christine Tan	Yeoh			
	M 18:35 - 19:35	M 18:00 - 18:30	M 18:30 - 19:00	M 18:00 - 18:45		M 14:20 - 14:50
	BODYPUMP®	GRIT™	BODYATTACK®	SUSPENSION EXERCISE CLASS		HARD CORE™ OVERLOAD
	Adeline L	Victor	Doey	Yeoh		Jay
CYCLING (PRO TT)	M 19:40 - 20:40	M 18:35 - 19:35	M 19:10 - 19:40	M 18:50 - 19:20	M 18:35 - 19:35	M 14:50 - 15:20
	BODYCOMBAT®	BODYCOMBAT®	GRIT™	GRIT™	BODYPUMP®	HARD CORE™
	Gary	Ben Ning	Nelson	Yeoh	Ting Wei	Jay
		M 19:40 - 20:40	M 19:50 - 20:50	M 19:25 - 20:25		
		BODYBALANCE®	BODYPUMP®	CIRCUIT		
		Ben Ning	Robyn	Yeoh		
FREESTYLE AREA				M 20:30 - 21:15		
				BODYBALANCE®		
				Yeoh		
	M 12:10 - 13:00	M 12:10 - 13:00	M 12:10 - 13:00	M 12:10 - 13:00	M 12:10 - 13:00	
	PRO TT	PRO TT	PRO TT	PRO TT	PRO TT	
	Glenn	Xavier	Christina	Monica	Holly	
FREESTYLE AREA	M 18:40 - 19:30	M 18:40 - 19:30	M 18:40 - 19:30	M 18:40 - 19:30		
	PRO TT	PRO TT	PRO TT	PRO TT		
	Cara	Monica	Monica	Megan		
	M 12:00 - 12:30	M 12:00 - 12:30	M 12:00 - 12:30	M 12:00 - 12:30	M 12:00 - 12:30	M 12:00 - 12:30
	freestyle Group Training STRENGTH	freestyle Group Training POWER	freestyle Group Training HIIT	freestyle Group Training POWER	freestyle Group Training POWER	freestyle Group Training POWER
	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00
FREESTYLE AREA	freestyle Group Training POWER	freestyle Group Training HIIT	freestyle Group Training STRENGTH	freestyle Group Training STRENGTH	freestyle Group Training HIIT	freestyle Group Training HIIT
	M 18:30 - 19:30	M 18:30 - 19:30	M 18:30 - 19:30	M 18:30 - 19:30	M 18:30 - 19:30	
	freestyle Group Training SPARTAN SG.	freestyle Group Training OUTDOOR	freestyle Group Training OUTDOOR	freestyle Group Training SPARTAN SGX		
FREESTYLE AREA	Aniqah			Aniqah		

	MON	TUE	WED	THU	FRI	SAT
GROUP EXERCISE STUDIO	M 7:00 - 8:00	M 7:00 - 8:00	M 7:00 - 8:00	M 7:00 - 8:00	M 7:00 - 8:00	M 8:50 - 9:50
	BODYPUMP®	BODYCOMBAT®	 DYNAMIC FLOW™ YOGA	BODYCOMBAT®	 CORE FLOW™ YOGA	LES MILLS TONE™
	Benji	Rachel Soh	Michelle Ho	Levian	Chris Lim	George
	M 8:10 - 9:10	M 8:10 - 9:10	M 8:10 - 9:10	M 8:10 - 9:10	M 8:10 - 9:10	M 10:00 - 11:00
	PILATES	LES MILLS TONE™	HATHA YOGA	 AERIAL FLOW™ YOGA	CORE CONDITIONING	BODYPUMP®
	Rita	Levian	Gary Koh	Jennifer Chen	Chris Lim	Debbie
			M 9:20 - 10:20			M 11:10 - 12:10
			 AERIAL FLOW™ YOGA			ZUMBA®
			Gary Koh			Charlotte
	M 10:30 - 11:30	M 10:30 - 11:45	M 10:30 - 11:30	M 10:30 - 11:45	M 10:30 - 11:30	M 12:20 - 13:20
	 AERIAL FLOW™ YOGA	HATHA YOGA	ZUMBA®	VINYASA YOGA	 AERIAL FLOW™ YOGA	BODYCOMBAT®
	Carol Then	CT	Fion	Mazie	Linda	Nat
	M 12:00 - 13:00	M 12:00 - 13:00	M 12:00 - 13:00	M 12:00 - 13:00	I/A 12:00 - 12:30	M 13:30 - 14:30
	BODYPUMP®	ZUMBA®	BODYPUMP®	BODYCOMBAT®	GRIT™ STRENGTH	BODYATTACK®
	Carol Then	Amy Seow	Leonard	Jage	Yeoh	Sharmin/Ellein
	M 13:05 - 13:50	M 13:05 - 13:55	M 13:05 - 14:05	M 13:05 - 13:55	M 12:30 - 13:00	I/A 14:35 - 15:05
	BODYBALANCE®	 GENTLE FLOW™ YOGA	 AERIAL FLOW™ YOGA	PILATES	CXWORX™	GRIT™ STRENGTH
	George	Linda	Linda	Kaixin	Yeoh	Yeoh
					M 13:05 - 13:50	M 15:10 - 16:00
					BODYBALANCE®	CIRCUIT
					Yeoh	Yeoh
	M 17:20 - 18:20	M 17:20 - 18:20	M 17:20 - 18:20	M 17:20 - 18:20	M 17:20 - 18:20	M 16:05 - 17:05
	 DYNAMIC FLOW™ YOGA	 AERIAL FLOW™ YOGA	ZUMBA®	CORE CONDITIONING	PILATES	 GENTLE FLOW™ YOGA
	Caroline	Gary Koh	Ana	Ken	Yizhen	Linda
		M 18:30 - 19:30	M 18:30 - 19:30	M 18:30 - 19:30	M 18:30 - 19:30	
		BODYPUMP®	 HARD CORE™ CHALLENGE	BODYATTACK®	TOTAL BODY CONDITIONING	
		Gabriel Kwek	Chris Chiam	Doey/Melissa	Ken	
	M 18:35 - 19:25	M 19:40 - 20:40	M 19:40 - 20:40	M 19:35 - 20:05	I/A 19:35 - 20:05	
	SUSPENSION EXERCISE CLASS	LES MILLS TONE™	BODYCOMBAT®	 HARD CORE™ OVERLOAD	GRIT™ STRENGTH	
	Ema	Kenny	Nicholas Mak	Leonard	Glenn	
	M 19:40 - 20:40			M 20:10 - 20:40	M 20:10 - 20:40	
	ZUMBA®			CXWORX™	BOSU®	
	Ema			Leonard	Glenn	
	M 20:45 - 21:45	M 20:45 - 21:45	M 20:45 - 21:45	M 20:45 - 21:45	M 20:45 - 21:45	
	BODYPUMP®	BODYCOMBAT®	 AERIAL FLOW™ YOGA	HATHA YOGA	 AERIAL FLOW™ YOGA	
	Derick	Wyatt	Gary Koh	Angie Choo	Glenn	
FREESTYLE AREA (ON GYM FLOOR)	M 7:30 - 8:00	M 7:30 - 8:00	M 7:30 - 8:00	M 7:30 - 8:00	M 7:30 - 8:00	M 10:30 - 11:00
	freestyle Group Training HIIT	freestyle Group Training BURN	freestyle Group Training STRENGTH	freestyle Group Training BURN	freestyle Group Training STRENGTH	freestyle Group Training HIIT
	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00
	freestyle Group Training BURN	freestyle Group Training HIIT	freestyle Group Training BURN	freestyle Group Training HIIT	freestyle Group Training BURN	freestyle Group Training BURN
	M 13:00 - 13:30	M 13:00 - 13:30	M 13:00 - 13:30	M 13:00 - 13:45	M 13:00 - 13:30	M 13:00 - 13:30
	freestyle Group Training HIIT	freestyle Group Training X-BLAST	freestyle Group Training STRENGTH	 ANIMAL FLOW YOGA™ Chris Chiam	freestyle Group Training HIIT	freestyle Group Training X-BLAST
	M 18:30 - 19:00	M 18:30 - 19:00	M 18:30 - 19:00	M 18:30 - 19:00	M 18:30 - 19:00	
	freestyle Group Training BURN	freestyle Group Training STRENGTH	freestyle Group Training BURN	freestyle Group Training STRENGTH	freestyle Group Training BURN	
	M 19:00 - 19:30		M 19:00 - 19:30		M 19:00 - 19:30	
	freestyle Group Training STRENGTH		freestyle Group Training HIIT		freestyle Group Training HIIT	

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 7:10 - 8:10 BODYCOMBAT® Rachel Soh	M 7:10 - 7:40 HARD CORE™ OVERLOAD Chris Chiam	M 7:10 - 8:10 BODYPUMP® Win	M 7:10 - 7:40 GRIT™ Adeline Lu	M 7:10 - 8:10 BODYPUMP® Choky	M 9:00 - 10:00 AERIAL FLOW™ YOGA Lester	M 11:00 - 12:00 ZUMBA® Serene Yee
		M 7:40 - 8:10 HARD CORE™ Chris Chiam		M 7:40 - 8:10 CXWORX™ Adeline Lu		M 10:05 - 11:05 AERIAL FLOW™ YOGA Jasmine	M 12:15 - 1:15 BODYCOMBAT® Gary
	M 12:00 - 12:30 HARD CORE™ OVERLOAD Sherlin		M 12:00 - 12:50 BOSU® Benji	I/A 11:00 - 12:00 AERIAL FLOW™ YOGA (Level 2) Julian	M 12:00 - 12:45 BODYCOMBAT® Mingfei	M 11:10 - 11:40 HARD CORE™ OVERLOAD Jasmine	M 13:20 - 13:50 GRIT™ Victor Ong
	M 12:30 - 13:00 HARD CORE™ Sherlin	M 12:10 - 12:55 BODYPUMP® Cheslyn	M 13:00 - 13:50 SUSPENSION EXERCISE CLASS Benji	M 12:10 - 12:55 CIRCUIT Fernie	M 12:55 - 13:25 GRIT™ Win	M 11:45 - 12:15 HARD CORE™ Melissa	M 13:55 - 14:25 CXWORX™ Leonard
	M 13:10 - 13:55 BODYATTACK® Benji	M 13:05 - 13:50 BODYCOMBAT® Ming Fei		M 13:00 - 14:00 BODYPUMP® Benji	M 13:25 - 13:55 CXWORX™ Win	M 12:15 - 13:15 BODYATTACK® Melissa	M 14:30 - 15:30 BODYPUMP® Win
	M 17:00 - 18:00 AERIAL FLOW™ YOGA Jessie	I/A 17:30 - 18:30 AERIAL FLOW™ YOGA (Level 2) Kester	M 17:40 - 18:30 BODYCOMBAT® Nicole		M 17:40 - 18:25 BODYCOMBAT® Fang	M 13:20 - 14:20 BODYPUMP® Carol Then	M 15:40 - 16:40 BODYCOMBAT® Karel
	M 18:00 - 18:30 HARD CORE™ Benji	M 18:35 - 19:35 BODYPUMP® Zac	M 18:35 - 19:05 HARD CORE™ OVERLOAD Fernie	M 18:40 - 19:40 BODYATTACK® Benji	M 18:40 - 19:40 BODYPUMP® Gavin	M 14:30 - 15:30 LES MILLS TONE™ CJ	
	M 18:40 - 19:40 BODYPUMP® Regina	M 19:40 - 20:40 BODYATTACK® Toby	M 19:10 - 19:40 HARD CORE™ Fernie	M 19:50 - 20:40 CIRCUIT Benji	M 19:50 - 20:50 BODYCOMBAT® Gavin	M 15:40 - 16:40 BODYCOMBAT® Jimmy Tan	
	M 19:50 - 20:40 BOSU® Benji	M 20:45 - 21:30 BODYCOMBAT® Gary	M 19:40 - 20:40 BODYCOMBAT® Jo Tan				
	M 20:40 - 21:40 BODYPUMP® Zac		M 20:45 - 21:45 AERIAL FLOW™ YOGA George				
CYCLING STUDIO	M 7:15 - 8:05 RPM™ Jiamin	M 7:15 - 8:05 RPM™ Dharinni	M 7:15 - 8:05 RPM™ Monica	M 7:15 - 8:05 RPM™ Gerald Tan	M 7:15 - 8:05 RPM™ Yong	M 11:00 - 11:50 RPM™ Dean	I/A 11:00 - 12:00 RPM™ CHALLENGE Ian Chan
	M 12:10 - 13:00 RPM™ Win	M 12:30 - 13:20 RPM™ Glenn	I/A 12:15 - 13:00 PRO CYCLING™ Faye	M 12:30 - 13:20 RPM™ Maree	M 12:15 - 13:05 RPM™ Faye	M 14:45 - 15:35 RPM™ Carol Then	M 15:00 - 15:50 RPM™ Ade/Lennart
	M 18:00 - 18:50 RPM™ Von	I/A 18:40 - 19:10 PRO CYCLING™ Bernie	M 18:40 - 19:30 RPM™ Ade/Lee		M 18:30 - 19:20 RPM™ Megan		
	M 19:00 - 19:50 RPM™ Dharinni	M 19:30 - 20:20 RPM™ Bernie	M 19:40 - 20:30 RPM™ Lee/Ben Foo	I/A 19:30 - 20:30 RPM™ CHALLENGE Ben Foo			

	MON	TUE	WED	THU	FRI	SAT	SUN
MIND & BODY STUDIO	M 7:00 - 8:00 DYNAMIC FLOW™ YOGA Edmund	M 7:00 - 8:00 HOT FLOW™ YOGA Ian Fung	M 7:00 - 8:00 BODYBALANCE® Christina Koh	M 7:00 - 8:00 YIN YOGA Joyce	M 7:00 - 8:00 HOT FLOW™ YOGA Kester	I/A 9:30 - 11:00 (90min) ADVANCED FLOW™ YOGA Ryan Wong	B 10:15 - 11:15 GENTLE FLOW™ YOGA Dawn Tan
						M 11:00 - 12:00 YOGA Soo	M 11:15 - 12:15 HOT FLOW™ YOGA Dawn Tan
	M 12:00 - 12:45 HOT FLOW™ YOGA Christine Tan	M 12:00 - 12:50 BODYBALANCE® Vivi	M 12:00 - 12:50 VINYASA YOGA Ryan Wong	M 12:00 - 12:50 GENTLE FLOW™ YOGA Faye	M 12:00 - 12:50 PILATES Alvan	M 12:00 - 13:00 BODYBALANCE® Christina Koh	M 12:15 - 13:15 YIN YOGA Regina
	M 12:45 - 13:15 GENTLE FLOW™ YOGA Christine Tan	M 13:00 - 14:00 YIN YOGA Vivi	M 13:00 - 13:50 HOT FLOW™ YOGA Faye		M 13:00 - 13:50 BODYBALANCE® Kester	M 13:15 - 14:15 DYNAMIC FLOW™ YOGA Ashley Cher	M 13:30 - 14:30 HOT YOGA Michelle Ho
	M 13:15 - 14:00 BODYBALANCE® Win					M 14:30 - 15:45 (75min) YOGA Sandy	M 14:45 - 16:00 (75min) YOGA Michelle Ho
	M 17:45 - 18:30 BODYBALANCE® Maree	M 17:45 - 18:30 CORE FLOW™ YOGA Christine Tan	M 17:45 - 18:30 HOT FLOW™ YOGA Alison	M 17:45 - 18:30 PILATES Molly	B 17:45 - 18:30 RESTORATIVE YOGA Albert	M 16:00 - 17:00 GENTLE FLOW™ YOGA Jon	
	M 18:40 - 19:40 DYNAMIC FLOW™ YOGA Faye	M 18:40 - 19:40 HOT FLOW™ YOGA Christine Tan	M 18:40 - 19:40 BODYBALANCE® George	M 18:40 - 19:40 VINYASA YOGA Caroline	M 18:45 - 20:00 (75min) HATHA YOGA Albert		
	M 19:50 - 20:50 YOGA Dr Kajal	M 19:50 - 20:50 DYNAMIC FLOW™ YOGA Caroline	M 19:45 - 20:45 YOGA Alison	M 19:50 - 20:50 HOT FLOW™ YOGA Lester			
THE VAULT	M 18:30 - 19:00 THE VAULT Sakthi	M 12:00 - 12:30 MUAY FIGHT PRO Jensen	M 12:00 - 13:00 BOOM™ PT Team	M 7:30 - 8:00 MUAY FIGHT PRO Jensen		M 15:00 - 16:00 BOOM™ Satish	M 11:00 - 11:30 MUAY FIGHT PRO Fang
	M 19:15 - 19:45 MUAY FIGHT PRO Jensen			M 19:15 - 19:45 MUAY FIGHT PRO Karel	M 19:30 - 20:00 MUAY FIGHT PRO Jimmy Lee		M 11:40 - 12:10 MUAY FIGHT PRO Jo Tan
FREESTYLE AREA						M 12:15 - 13:00 ANIMAL FLOW YOGA Xin	

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	MON	TUE	WED	THU	FRI	SAT
GROUP EXERCISE STUDIO	M 7:15 - 8:00 BODYCOMBAT® Levian	M 7:00 - 7:45 BODYSTEP® Jasper	M 7:15 - 8:15 BODYPUMP® Alan Shin	M 7:00 - 8:00  HARDCORE™ HARDCORE™ OVERLOAD Lihua	M 7:00 - 8:00  GENTLE FLOW™ YOGA Jon Ho	M 10:00 - 11:00 LES MILLS TONE™ Lay Yen
	M 8:05 - 8:50 LES MILLS TONE™ Levian			M 10:55 - 11:55 BODYPUMP® Ryan Thng		M 11:00 - 11:50 HATHA YOGA Lihua
	M 12:10 - 12:55 BODYPUMP® Rozanne	M 12:05 - 12:55 ZUMBA® Crystal	M 12:05 - 13:05 CIRCUIT Ken	M 12:05 - 12:55 PILATES (CORE) Alvan	M 12:05 - 12:50 BODYCOMBAT® Desmond Liew	M 12:00 - 12:30  HARDCORE™ Lihua
	M 13:05 - 13:50 BODYBALANCE® Rozanne/Jennifer	M 13:00 - 13:50 CORE CONDITIONING Ken	M 13:10 - 14:00 VINYASA YOGA Jamie	M 13:00 - 13:45 LES MILLS TONE™ Levian	M 13:00 - 14:00 BODYPUMP® Ian Jasman	M 12:35 - 13:05  HARDCORE™ OVERLOAD Lihua
	M 17:45 - 18:30 ZUMBA® Miko	M 17:45 - 18:30 BODYPUMP® Ema	M 17:45 - 18:30 LES MILLS TONE™ Kester	M 17:45 - 18:30 BODYCOMBAT® Janice	M 17:45 - 18:30 PILATES Alvan	M 13:40 - 14:40 BODYCOMBAT® Lock
	M 18:40 - 19:35  HARDCORE™ OVERLOAD HARDCORE™ Jay	M 18:40 - 19:40 BODYCOMBAT® Ema	M 18:40 - 19:40 BODYPUMP® Kester	M 18:40 - 19:40 BODYJAM® Vivi Kusuma	M 18:40 - 19:40 BODYPUMP® Gage	M 14:50 - 15:50  GENTLE FLOW™ YOGA Alison
	M 19:40 - 20:40 BODYATTACK® Whaleson	M 19:45 - 20:45 BODYBALANCE® Agnes	M 19:45 - 20:45 BODYCOMBAT® Rachel Soh	M 19:45 - 20:45 BODYSTEP® Ethan	M 19:45 - 20:45 BODYCOMBAT® Enid	
	M 20:45 - 21:45 BODYPUMP® Ian Jasman	M 20:50 - 21:35 BODYJAM® Angelina	M 20:50 - 21:40 GENTLE YOGA Desmond Ong	M 20:50 - 21:35 BODYCOMBAT® Enid		
FREESTYLE AREA	M 7:30 - 8:00 freestyle Group Training	M 7:30 - 8:00 freestyle Group Training	M 7:30 - 8:00 freestyle Group Training	M 7:30 - 8:00 freestyle Group Training	M 7:30 - 8:00 freestyle Group Training	M 10:30 - 11:00 freestyle Group Training POWER
	M 12:00 - 12:30 freestyle Group Training STRENGTH	M 12:00 - 12:30 freestyle Group Training STRENGTH	M 12:00 - 12:30 freestyle Group Training STRENGTH	M 12:00 - 12:30 freestyle Group Training STRENGTH	M 12:00 - 12:30 freestyle Group Training STRENGTH	
	M 12:30 - 13:00 freestyle Group Training	M 12:30 - 13:00 freestyle Group Training	M 12:30 - 13:00 freestyle Group Training	M 12:30 - 13:00 freestyle Group Training	M 12:30 - 13:00 freestyle Group Training	M 12:30 - 13:00 freestyle Group Training
	M 17:30 - 18:00 freestyle Group Training	M 17:30 - 18:00 freestyle Group Training	M 17:30 - 18:00 freestyle Group Training	M 17:30 - 18:00 freestyle Group Training	M 17:30 - 18:00 freestyle Group Training	
	M 18:00 - 18:30 freestyle Group Training POWER	M 18:00 - 18:30 freestyle Group Training POWER	M 18:00 - 18:30 freestyle Group Training POWER	M 18:00 - 18:30 freestyle Group Training POWER	M 18:00 - 18:30 freestyle Group Training POWER	
				M 18:45 - 19:45 AQUA FIT® Shirley C		M 13:00 - 14:00 AQUA FIT® Han yue
POOL						

Freestyle Area: On-gym-floor
Enquire at Reception for registration details.

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 7:00 - 8:00	M 7:00 - 8:00	M 7:00 - 8:00	M 7:00 - 8:00	M 7:00 - 8:00	M 9:00 - 10:00	M 10:30 - 11:30
	BODYPUMP®	HATHA YOGA	BODYATTACK®	YOGA	BODYPUMP®	BODYATTACK®	CIRCUIT
	Geoffrey	Chris	Grace Y	Jamie Phua	Dhillon	Benji	Jasmine
						M 10:00 - 11:00	M 11:30 - 12:30
						BODYCOMBAT®	BODYCOMBAT®
						Ema	Jasmine
						M 11:05 - 12:05	
						BODYPUMP®	
						Marie	
	M 12:10 - 12:55	M 12:10 - 12:55	M 12:10 - 13:00	M 12:10 - 12:55	M 12:10 - 12:55		M 12:40 - 13:40
	BODYPUMP®	BODYBALANCE®	HATHA YOGA	BODYCOMBAT®	BODYPUMP®		BODYPUMP®
	Leonard	Marisa	Chris	Jo Tan	Cheslyn		Yinshi
	M 13:00 - 13:45	M 13:00 - 14:00	M 13:00 - 13:50	M 13:00 - 13:45	M 13:05 - 13:50	M 12:10 - 13:10	M 13:50 - 14:50
	BODYCOMBAT®	BODYPUMP®	CORE CONDITIONING	BODYPUMP®	BODYATTACK®	CARDIO STEP	BODYATTACK®
	Karel	Kee	Chris	Jo Tan	Glenn	Fiona	Edwin
	M 17:45 - 18:30	M 17:45 - 18:35	M 17:45 - 18:30	M 17:45 - 18:30	M 17:45 - 18:30	M 13:15 - 14:15	M 15:00 - 15:50
	F GENTLE FLOW™ YOGA	F GENTLE FLOW™ YOGA	PILATES	F CORE FLOW™ YOGA	PILATES	BODYJAM®	POUND
	Vivi	Julian	Jeremy	Christine	Cheslyn	Erich	Serene
	M 18:40 - 19:30	M 18:40 - 19:40	M 18:40 - 19:40	M 18:40 - 19:30	M 18:45 - 19:35	M 14:20 - 15:20	
POOL AREA	SH'BAM®	BODYJAM®	BODYPUMP®	SH'BAM®	SH'BAM®	ZUMBA®	
	Junwei	Julian	Jacelyn	Joanne Chua	Desmond Chen	Erich	
	M 19:40 - 20:40	M 19:45 - 20:45	M 19:45 - 20:45	M 19:40 - 20:40	M 19:45 - 20:45	M 15:30 - 16:45 (75min)	
	BODYCOMBAT®	ZUMBA®	BODYATTACK®	BODYJAM®	BODYPUMP®	VINYASA YOGA	
	Jimmy Lee	Amilia	Doey	Ben Ning	CK	Amanda	
FREESTYLE AREA (ON GYM-FLOOR)	M 20:50 - 21:35	M 20:50 - 21:50	M 20:50 - 21:50	M 20:50 - 21:50	M 20:50 - 21:50	M 16:50 - 17:50	
	POUND	BODYCOMBAT®	SH'BAM®	BODYPUMP®	BODYCOMBAT®	RESTORATIVE YOGA	
	Edwin Ko	Joyce Lee	Joe	Jon	Jo Tan	Amanda	
	M 19:30 - 20:30		M 21:00 - 22:00		M 7:00 - 8:00		
	BODYBALANCE		HATHA YOGA		YOGA		
	Carrick		Alison		Ian Fung		
		M 19:00 - 20:00			M 18:40 - 19:40	M 12:00 - 13:00	M 14:30 - 15:30
		AQUA			BODYBALANCE®	AQUA	AQUA
		Jean			Maree	Eunice	Jean
	M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30	M 9:00 - 9:30	
	freestyle Group Training POWER	freestyle Group Training STRENGTH	freestyle Group Training STRENGTH	freestyle Group Training STRENGTH	freestyle Group Training HIIT	freestyle Group Training HIIT	
	Tristan	Aniq	Khai	Ithnin	Gobi	How Lim	
	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 15:00 - 15:30	M 14:00 - 14:30
	freestyle Group Training STRENGTH	freestyle Group Training HIIT	freestyle Group Training STRENGTH	freestyle Group Training STRENGTH	freestyle Group Training POWER	freestyle Group Training STRENGTH	freestyle Group Training HIIT
	Khai	Ej	Gobi	Gobi	Ej	Shah / Gobi	
	M 13:00 - 13:30	M 13:00 - 13:30	M 13:00 - 13:30	M 13:00 - 13:30	M 13:00 - 13:30		
	freestyle Group Training STRENGTH	freestyle Group Training HIIT	freestyle Group Training STRENGTH	freestyle Group Training STRENGTH	freestyle Group Training POWER		
	Gobi	Khai	Ithnin	Ej / Khai	Khai / Ithnin		
	M 19:00 - 19:30	M 19:00 - 19:45	M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:30		
	freestyle Group Training STRENGTH	freestyle Group Training OUTDOOR	freestyle Group Training STRENGTH	freestyle Group Training STRENGTH	freestyle Group Training POWER		
	How Lim	Ithnin	Tristan	Aniq	How Lim		
					Freestyle Area: On-gym-floor Enquire at Reception for registration details.		

	MON	TUE	WED	THU	FRI	SAT	SUN		MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 7:15 - 8:15	M 7:15 - 8:15	M 7:15 - 8:15	M 7:15 - 8:15	M 7:15 - 8:15	M 10:00 - 11:00	M 10:30 - 11:30	CYCLING STUDIO	M 7:15 - 8:05	M 7:15 - 8:05	M 7:15 - 8:05	M 7:15 - 8:05	M 7:15 - 8:15	M 11:10 - 12:00	
	BODYCOMBAT®	BODYATTACK®	BODYPUMP®	BODYCOMBAT®	CIRCUIT	CIRCUIT	BODYATTACK®		RPM™	RPM™	RPM™	RPM™	RPM™ CHALLENGE	RPM™	
	Josephine	Josephine L	Yinshi	Zac	Fernie	Ali	Toby Ng		Kee Leong	Yong	Valerie Lai	Benji	Kee Leong	Yeoh	
	M 12:00 - 13:00	M 12:00 - 13:00	M 12:00 - 12:55	M 12:00 - 13:00	M 12:00 - 13:00	M 11:05 - 12:05	M 11:35 - 12:35		I/A 12:15 - 13:00	M 12:10 - 13:00	M 12:30 - 13:20	M 12:05 - 12:55	I/A 12:15 - 13:00	M 10:00 - 10:50	M 12:45 - 13:35
	BODYPUMP®	BODYCOMBAT®	BODYSTEP®	BODYCOMBAT®	BODYPUMP®	LES MILLS TONE™	BODYCOMBAT®		PRO CYCLING™	RPM™	RPM™	RPM™	PRO CYCLING™	RPM™	RPM™
	Yeoh	Fang/Nuno	Edwin Ko	Ming Fei	Leonard	Kester	Alex		Fernie	Ian Chan	Andre Wong	Yeoh	Ian Chan	Adeline	Ian Choo
	M 13:00 - 13:50	M 13:00 - 13:30	M 13:00 - 14:00	M 13:00 - 13:50	M 13:05 - 14:05		M 12:40 - 13:40		M 13:05 - 13:55	I/A 13:05 - 13:55		M 13:05 - 13:55	M 13:05 - 13:55		
	CIRCUIT	HARD CORE™ OVERLOAD	BODYPUMP®	STEP MOVES	BODYCOMBAT®		BODYJAM®		RPM™	RPM™		RPM™	RPM™		
	Fernie	Yeoh	Gerald Aw	Ken	Gavin		Angelina		Faye	Kelvin		Schmike	Ian C		
		M 13:30 - 14:00				M 12:15 - 13:15	M 13:45 - 14:45		I/A 18:45 - 19:45	M 18:45 - 19:35	M 18:45 - 19:35	M 19:00 - 19:50			
MIND & BODY STUDIO		CORE				BODYPUMP®	BODYCOMBAT®	FREESTYLE AREA	RPM™ CHALLENGE	RPM™	RPM™	RPM™ BEAM			
		Yeoh				Gerald Aw	Gavin		Andre Wong	Alan Tan	Christina Chin	Vivien			
	M 17:30 - 18:20	M 18:30 - 19:30	M 18:00 - 18:30		M 17:30 - 18:20	M 13:20 - 14:20	M 14:50 - 15:50		M 20:00 - 20:50	M 19:45 - 20:35	M 19:45 - 20:35				
	BODYPUMP®	BODYJAM®	HARD CORE™ OVERLOAD		BODYPUMP®	BODYCOMBAT®	BODYPUMP®		RPM™ BEAM	RPM™	RPM™ BEAM				
	Gabriel Kwek	Vivi Kusuma	Julian		Nicky	Junwei	Ian Chan		Bernie	Jiamin	CK				
	M 18:30 - 19:30		M 18:35 - 19:35	M 18:30 - 19:30	M 18:30 - 19:30	M 14:25 - 15:25			M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30	M 7:00 - 7:30		
	BODYCOMBAT®		ZUMBA®	BODYPUMP®	BODYJAM®	BODYATTACK®			freestyle	freestyle	freestyle	freestyle	freestyle		
	Aaron		Julian	Philip	Vivi Kusuma	Whaleson			M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 12:30 - 13:00	M 11:30 - 12:00	
	M 19:35 - 20:35	M 19:35 - 20:35	M 19:35 - 20:35	M 19:35 - 20:35	M 19:35 - 20:35	M 15:30 - 16:30			freestyle	freestyle	freestyle	freestyle	freestyle	freestyle	
	BODYPUMP®	BODYSTEP®	DANCE	BODYCOMBAT®	BODYATTACK®	STREET JAZZ			M 13:00 - 13:30	M 13:00 - 13:30	M 13:00 - 13:30	M 13:00 - 13:30	M 13:00 - 13:30		
	CK	Jasper	Vivi Kusuma	Jasper M	Heather	Carol Cheong			freestyle	freestyle	freestyle	freestyle	freestyle		
	M 20:40 - 21:40	M 20:40 - 21:40	M 20:40 - 21:40	M 20:40 - 21:40					M 18:30 - 19:00	M 18:30 - 19:00	M 18:30 - 19:00	M 18:30 - 19:00	M 18:30 - 19:00		
	DANCE MOVES	BODYPUMP®	BODYCOMBAT®	BODYJAM®					freestyle	freestyle	freestyle	freestyle	freestyle		
	Zhi Wen	Benjamin Lai	Jage	Desmond Chen					M 19:00 - 19:30	M 19:00 - 19:30	M 19:00 - 19:30				
	M 7:15 - 8:15	M 7:15 - 8:15	M 7:15 - 8:15	M 7:15 - 8:15	M 7:15 - 8:15	M 10:40 - 11:40	M 11:00 - 12:00		freestyle	freestyle	freestyle				
	HATHA YOGA	BODYBALANCE®	DYNAMIC FLOW™ YOGA	GENTLE FLOW™ YOGA	HATHA YOGA	HATHA YOGA	PILATES								
	Ian Fung	Christine Choo	Yvonne Seow	Christine Tan	Jennifer Goh	Dr Kajal	Alison								
	M 12:10 - 13:00	M 12:10 - 13:00	M 12:10 - 13:00	M 12:10 - 13:00	M 12:10 - 13:00	M 11:50 - 12:50	M 12:05 - 13:35 (90min)								
	BODYBALANCE®	YOGA	PILATES	BODYBALANCE®	YOGA	GENTLE FLOW™ YOGA	ADVANCED FLOW™ YOGA								
	Alison	Chris	Serena Tan	Vivi Kusuma	Chris	Ying Kai	Jo Lim								
	M 13:00 - 13:50	M 13:00 - 13:50	M 13:00 - 13:50	M 13:00 - 13:50	M 13:00 - 13:50	M 13:00 - 14:15 (75min)	M 13:45 - 14:45								
	PILATES	GENTLE FLOW™ YOGA	RESTORATIVE YOGA	DYNAMIC FLOW™ YOGA	CORE CONDITIONING	YOGA	BODYBALANCE®								
	Alison	Joyce	Yvonne Seow	Christine Tan	Chris	Dr Kajal	Serena								
	M 17:30 - 18:20	M 17:30 - 18:20	M 17:30 - 18:20			M 14:25 - 15:25	M 15:00 - 16:30								
	DYNAMIC FLOW™ YOGA	CORE CONDITIONING	BODYBALANCE®			BODYBALANCE®	ADVANCED FLOW™ YOGA								
	Ryan Wong	Ken	Vivi			Christine Choo	Ian Fung								
	M 18:30 - 19:30	M 18:30 - 19:30	M 18:30 - 19:30		M 18:30 - 19:30	M 15:30 - 16:30									
	PILATES	PILATES	CORE CONDITIONING		BODYBALANCE®	GENTLE FLOW™ YOGA									
	Carol C	Boon	Ken		Joyce	Yvonne Seow									
	M 19:35 - 20:35	M 19:35 - 20:35	M 19:40 - 20:40	M 18:30 - 20:00 (90min)	M 19:35 - 20:35										
	BODYBALANCE®	HATHA YOGA	BODYBALANCE®	YIN YOGA	HATHA YOGA										
	Ben Ning	Paul	Julian	Yvonne Seow	Joyce										
	M 20:40 - 21:40	M 20:40 - 21:40	M 20:40 - 21:40	M 20:05 - 21:05											
	YIN YOGA	GENTLE FLOW™ YOGA	YIN YOGA	PILATES											
	Regina	Ashley Cher	Vivi Kusuma	Fion											

For latest updates, visit fitnessfirst.com.sg

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 8:00 - 9:00 BODYPUMP® Glenn	M 7:00 - 8:00 BODYPUMP® Yinshi	M 8:00 - 8:30 HARDCORE™ OVERLOAD Yeoh	M 7:00 - 7:55 CIRCUIT Ali	M 8:00 - 9:00 PILATES Alvan	M 09:15 - 10:15 BODYPUMP® Bertram	M 9:00 - 10:00 BODYPUMP® Win
	M 9:05 - 10:05 BODYSTEP® Glenn	M 8:00 - 9:00 BODYSTEP® Heather	M 8:30 - 9:00 CORE CONDITIONING Yeoh	M 8:00 - 9:00 BODYSTEP® Edwin Ko	M 9:05 - 10:05 BODYPUMP® Jo Tan	M 10:25 - 11:25 DANCE MOVES Ryan W	M 10:05 - 11:05 BODYSTEP® Sharen
	M 10:10 - 11:00 SH'BAM® Nat	M 9:05 - 10:05 CIRCUIT Ferne	M 9:05 - 10:05 PILATES Grace	M 9:10 - 10:10 BODYPUMP® Yeoh	M 10:10 - 11:00 SH'BAM® Naila	M 11:30 - 12:00 HARDCORE™ OVERLOAD Carol Then	M 11:15 - 12:30 VINYASA YOGA Jade
	M 11:15 - 12:15 BODYPUMP® Jay	M 10:10 - 11:10 ZUMBA® Angie Tion	M 10:10 - 11:10 BODYPUMP® EXPRESS CORE CONDITIONING Yeoh	M 10:15 - 11:10 CIRCUIT Yeoh	M 11:15 - 12:15 BODYBALANCE® Vivi Kusuma	M 12:05 - 12:35 HARDCORE™ Carol Then	M 12:40 - 13:40 BODYPUMP® Andre Wong
		M 11:15 - 12:15 BODYPUMP® Ferne	M 11:15 - 12:15 CARDIO STEP Fiona	M 11:20 - 12:20 DANCE MOVES Toby		M 12:40 - 13:40 BODYPUMP® Philip	M 13:50 - 14:40 SH'BAM® Eugene
	M 12:20 - 13:20 ZUMBA® Erich		M 12:20 - 13:20 BODYJAM® Naila	M 12:30 - 13:20 BODYSTEP® Jeffrey	M 12:20 - 13:20 BODYPUMP® Benji	M 13:50 - 14:40 SH'BAM® Clarence	M 14:45 - 15:45 ZUMBA® Tomomi
	M 17:00 - 17:30 HARDCORE™ OVERLOAD Yeoh			M 16:20 - 17:20 BODYJAM® Erich	M 17:30 - 18:30 HIPHOP Toby	M 14:45 - 15:35 SH'BAM® Pao Pao	M 15:50 - 16:50 BODYJAM® Angie Tion
	M 17:40 - 18:30 SH'BAM® Naila	M 17:30 - 18:30 BODYJAM® George	M 17:30 - 18:30 BODYPUMP® Andre Wong	M 18:00 - 18:30 HARDCORE™ Alan Shin		M 15:45 - 16:45 BODYJAM® Ben Ning	M 16:55 - 17:55 BODYPUMP® Bertram
	M 18:40 - 19:40 CIRCUIT Yeoh	M 18:40 - 19:40 BODYPUMP® Glenn	M 18:40 - 19:40 BODYSTEP® Heather	M 18:40 - 19:40 BODYPUMP® Ian Chan	M 18:40 - 19:40 BODYJAM® Ben Ning	M 16:50 - 17:50 BODYPUMP® Joel	
	M 19:45 - 20:45 ZUMBA® Ana	M 19:45 - 20:35 SH'BAM® Clarence	M 19:45 - 20:45 BODYPUMP® Ryan Haryadi	M 19:45 - 20:45 BODYBALANCE® Christine Choo	M 19:50 - 20:50 BODYPUMP® Kee	M 18:00 - 19:00 BODYBALANCE® Joel	
	M 20:50 - 21:50 BODYPUMP® Bertram	M 20:40 - 21:40 BODYJAM® Clarence	M 20:50 - 21:50 BODYPUMP® Karel	M 20:50 - 21:50 BODYPUMP® Jimmy Lee	M 20:55 - 21:45 ZUMBA® Charlotte		
CYCLING STUDIO	M 7:00 - 7:50 RPM™ Yinshi		M 7:00 - 7:50 RPM™ Jiamin				I/A 10:30 - 11:15 PRO CYCLING™ Andre Wong
	M 9:10 - 10:00 RPM™ Yvonne	M 9:05 - 9:55 RPM™ Yeoh	M 9:05 - 9:55 RPM™ Ian Chan	M 9:10 - 10:00 RPM™ Ferne	I/A 9:05 - 10:05 RPM™ CHALLENGE Andre Wong	M 9:30 - 10:20 RPM™ Michelle Kang	M 11:30 - 12:20 RPM™ Yvonne
	M 10:15 - 11:05 RPM™ Dean	I/A 10:15 - 11:00 PRO CYCLING™ Ferne		M 10:10 - 11:00 RPM™ Dean	M 10:15 - 11:05 RPM™ Vivi Woon	M 10:40 - 11:30 RPM™ Yinshi	

	MON	TUE	WED	THU	FRI	SAT	SUN
MIND & BODY STUDIO	M 8:00 - 9:00 YIN YOGA Amanda	M 9:05 - 10:05 BODYBALANCE® Kester	M 9:05 - 10:05 BODYATTACK® Heather	M 8:00 - 9:00 PILATES (FITBALL) Alvan	M 7:00 - 8:00 BODYCOMBAT® Josephine	M 9:30 - 10:30 BODYBALANCE® Sean	M 8:05 - 8:50 BODYCOMBAT® Fang / Wyatt
	M 09:10 - 9:55 BODYATTACK® Benji	M 10:10 - 11:10 POWER YOGA Christine Tan	M 10:10 - 11:10 BODYCOMBAT® Nat	M 9:05 - 10:05 VINYASA YOGA Joyce	M 10:00 - 11:00 POWER YOGA Samantha	M 10:40 - 11:40 HOT FLOW™ YOGA Christine Tan	M 9:00 - 10:00 BODYATTACK® Whaleson
	M 10:05 - 10:55 BODYCOMBAT® Ming Fei		M 11:15 - 12:15 POWER YOGA Jade	M 10:15 - 11:15 HOT FLOW™ YOGA Alison	M 11:15 - 12:15 BODYCOMBAT® Jo Tan	M 12:15 - 13:00 BODYATTACK® Kenny	M 10:10 - 11:10 BODYCOMBAT® Edwin Chiam
	M 11:20 - 12:20 DYNAMIC FLOW™ YOGA Fen	M 12:20 - 13:20 BODYATTACK® Jessica	M 12:20 - 13:20 BODYCOMBAT® Ming Fei	M 13:30 - 14:30 BODYBALANCE® Jeffrey	M 12:30 - 13:30 HOT FLOW™ YOGA Serena Tan	M 13:15 - 14:00 BODYCOMBAT® Adeline Goh	M 11:20 - 12:20 BODYCOMBAT® Rachel Soh
		M 13:30 - 14:30 PILATES Alvan	M 16:20 - 17:10 BODYCOMBAT® John Por	M 16:20 - 17:20 POWER YOGA Jo Lim	M 17:30 - 18:30 KICKBOX FUSION Chris	M 14:15 - 15:15 BODYCOMBAT® Jasper	M 12:40 - 13:40 HOT FLOW™ YOGA Yvonne
	M 17:30 - 18:30 POWER YOGA Serena Tan	M 17:30 - 18:15 BODYCOMBAT® Levian	M 17:30 - 18:30 HOT FLOW™ YOGA Faye	M 17:30 - 18:30 BODYBALANCE® Kester	M 18:40 - 19:40 HATHA YOGA Chris	M 15:30 - 16:30 POWER YOGA Serena Tan	M 14:30 - 15:30 BODYBALANCE® Regina
	M 18:40 - 19:40 HOT FLOW™ YOGA Jo Lim	M 18:40 - 19:40 BODYBALANCE® Desmond Ong	M 18:40 - 19:40 PILATES Cheslyn	M 18:40 - 19:40 BODYCOMBAT® Jimmy Lee	M 19:45 - 20:45 HOT YOGA Ash	M 16:40 - 17:40 BODYCOMBAT® Nicholas	
	M 19:50 - 20:50 BODYCOMBAT® Yeoh	M 19:45 - 20:45 HOT FLOW™ YOGA Faye	M 19:45 - 20:45 HATHA YOGA Angie Choo	M 19:45 - 20:45 BODYATTACK® Aaron Goh		M 18:00 - 19:00 BODYCOMBAT® Fang / Desmond Liew	M 18:00 - 19:00 BODYCOMBAT® Karel
	M 20:55 - 21:55 BODYCOMBAT® Ryan Low		M 20:50 - 21:50 BODYCOMBAT® Fang / Adeline Goh	M 20:50 - 21:50 BODYCOMBAT® Ming Fei			
CYCLING STUDIO	M 12:30 - 13:20 RPM™ Jay		M 11:15 - 12:05 RPM™ Dean/Jamie			M 12:10 - 13:00 RPM™ Win	
	M 18:45 - 19:35 RPM™ Yong	M 18:45 - 19:35 RPM™ Michelle Kang	I/A 18:45 - 19:25 PRO CYCLING™ Andre Wong	M 18:50 - 19:40 RPM™ Alan Tan	I 18:40 - 19:40 RPM™ CHALLENGE Kee	M 14:10 - 15:00 RPM™ Alan Tan	I 13:10 - 14:10 RPM™ CHALLENGE Vivi Woon
	M 19:45 - 20:35 RPM™ Ian Choo	M 19:45 - 20:35 RPM™ Chong Wei	M 19:45 - 20:35 RPM™ Alan Tan	M 19:50 - 20:40 RPM™ Andre Wong		M 18:00 - 18:50 RPM™ Monica	
FREESTYLE AREA	M 10:00 - 10:45 freestyle Group Training MOVE Firdaus	M 10:00 - 10:45 freestyle Group Training HIT Roshan	M 10:00 - 10:45 freestyle Group Training STRENGTH Muhammad	M 10:00 - 10:45 freestyle Group Training HIT Wan	M 10:00 - 10:45 freestyle Group Training MOVE Edam	M 11:30 - 12:15 freestyle Group Training MOVE Firdaus	
	M 12:30 - 13:15 freestyle Group Training HIT Muhammad	M 12:30 - 13:15 freestyle Group Training STRENGTH Hadi	M 12:30 - 13:15 freestyle Group Training HIT Azmi	M 12:30 - 13:15 freestyle Group Training STRENGTH Morgan	M 12:30 - 13:15 freestyle Group Training HIT Jireh		M 14:00 - 14:45 freestyle Edam / Alif
	M 17:00 - 17:45 freestyle Group Training STRENGTH Amanda	M 17:00 - 17:45 freestyle Group Training STRENGTH Wan	M 17:00 - 17:45 freestyle Group Training POWER Muhammad	M 17:00 - 17:45 freestyle Group Training MOVE Azmi	M 17:00 - 17:45 freestyle Group Training STRENGTH Roshan	M 17:00 - 17:45 freestyle Group Training HIT Hadi	M 17:00 - 17:45 freestyle Group Training STRENGTH Roshan
	M 18:15 - 19:00 freestyle Group Training HIT Ryan W	M 18:15 - 19:00 freestyle Group Training MOVE Hadi / Wan	M 18:15 - 19:00 freestyle Group Training STRENGTH Jireh	M 18:15 - 19:00 freestyle Group Training SPINNING Ryan / Morgan	M 18:15 - 19:00 freestyle Group Training HIT Ryan W		

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 7:00- 8:00	M 7:00- 8:00	M 7:00- 8:00	M 7:00- 8:00	M 7:00- 8:00		
	CIRCUIT	BODYCOMBAT®	BODYATTACK®	BODYPUMP®	BODYCOMBAT®		
	Jasmine	Karel	Ellein	Grace Lee	Fang		
	M 9:45 - 1:45	M 8:05 - 9:05	M 9:45 - 10:45	M 8:05 - 9:05	M 10:30 - 11:00	M 9:00 - 10:00	M 9:45 - 10:45
	PILATES	BODYPUMP®	YOGA	PILATES	 HARDCORE™ OVERLOAD	YOGA	PILATES
	Alvin Yuen	Karel	Kimberly	Eulin	Chris Chiam	Desmond Ong	Celina
	M 11:00 - 11:50	M 11:00 - 11:50	M 11:00 - 11:50	M 11:00 - 11:45	M 11:00 - 11:30	M 11:00 - 12:00	M 11:00 - 12:00
	CORE CONDITIONING	 GENTLE FLOW™ YOGA	PILATES	SH'BAM®	 HARDCORE™	ANIMAL FLOW™	BODYPUMP®
	Jean	Linda	Jasmine	Jacky	Chris Chiam	Vivi Woon	CJ
	M 12:00 - 12:45	M 12:00 - 13:00	M 12:00 - 13:00	M 12:00 - 12:30	M 12:00 - 12:50	M 12:10 - 13:10	M 12:10 - 13:10
	BODYCOMBAT®	BODYPUMP®	BODYPUMP® EXPRESS	 HARDCORE™ OVERLOAD	CIRCUIT	BODYPUMP®	LES MILLS TONE™
	Jean	Jo Tan	CXWORX™	Leonard	Jasmine	Linda	CJ
			Jasmine	M 12:35 - 1:05			
				CXWORX™			
				Leonard			
	M 13:00 - 13:45	M 13:05 - 13:35	M 13:15 - 14:00	M 13:10 - 14:00	M 13:00 - 14:00	M 13:15 - 13:45	M 13:20 - 14:20
	BODYPUMP®	 HARDCORE™	BODYBALANCE®	CIRCUIT	BODYPUMP®	 HARDCORE™	BODYCOMBAT®
	Linda	Jo Tan	Jasmine	Jeannie	Agus	Linda	Priya
	M 14:05 - 14:35		M 14:05 - 15:05		M 14:05 - 15:05	M 13:50 - 14:20	
	 HARDCORE™ OVERLOAD		BODYCOMBAT®		 GENTLE FLOW™ YOGA	 HARDCORE™ OVERLOAD	
	Linda		Desmond Liew		Linda	Linda	
	M 16:15 - 17:15	M 16:15 - 17:15	M 16:15 - 17:15	M 16:15 - 17:15	M 15:30 - 16:30	M 14:30 - 15:30	M 14:30 - 15:30
	YIN YOGA	TOTAL BODY CONDITIONING	CORE CONDITIONING	 DYNAMIC FLOW™ YOGA	BODYPUMP®	LES MILLS TONE™	BODYBALANCE®
	Sherlin	Sherlin	Sherlin	Yit Yan	Linda	Mervyn	Carrick
	M 17:30 - 18:30	M 17:30 - 18:30	M 17:30 - 18:30	M 18:00 - 18:45	M 16:35 - 17:05	M 15:40 - 16:40	M 15:40 - 16:40
	BODYPUMP®	BODYJAM®	BODYATTACK®	SH'BAM®	 HARDCORE™ OVERLOAD	BODYCOMBAT®	KICKBOXING
	Edmund	Edwin Ko	Benji	Anita	Linda	Wyatt	Leonard
	M 18:40 - 19:40	M 18:30 - 19:30	M 18:40 - 19:40	M 18:50 - 19:50	M 17:30 - 18:30	M 16:50 - 17:50	M 16:50 - 17:20
	BODYCOMBAT®	BODYATTACK®	BODYPUMP®	BODYCOMBAT®	BODYCOMBAT®	BODYBALANCE	CXWORX™
	Adeline Goh	Doey	Benji	Kinson	Karel	Valerie Lai	Leonard
		M 19:00 - 20:00			M 18:40 - 19:25		M 17:30 - 18:30
		ZUMBA® OUTDOOR			SH'BAM®		BODYJAM®
		Crystal Chen			Louis		Ian Jasman
	M 19:45 - 20:45	M 19:40 - 20:25	M 19:45 - 20:45	M 19:55 - 20:55	M 19:30 - 20:30		
	ANIMAL FLOW™	BODYPUMP®	BODYCOMBAT®	BODYPUMP®	LES MILLS TONE™		
	Chris Chiam	Joel	Kinson	Alan Shin	Benjamin Lai		
	M 20:50 - 21:50	M 20:35 - 21:35	M 20:50 - 21:35	M 21:00 - 21:30	M 20:40 - 21:40		
	YOGA	BODYBALANCE®	LES MILLS TONE™	CXWORX™	YOGA		
	Jessie Yap	Joel	Choky	Alan Shin	Amanda Koh		
FREESTYLE AREA	M 6:30 - 7:00	M 6:30 - 7:00	M 6:30 - 7:30	M 6:30 - 7:00	M 6:30 - 7:00	M 9:30 - 11:00	M 11:30 - 12:30
	 freestyle Group Training STRENGTH	 freestyle Group Training HIIT	 BOOM™	 freestyle Group Training BURN	 freestyle Group Training STRENGTH	 TURF GAMES	 BOOM™
	PT Team	PT Team	PT Team	PT Team	PT Team	Full PT Team	PT Team
	M 12:10 - 12:40	M 12:10 - 12:40	M 12:10 - 12:40	M 12:10 - 1:10	M 12:10 - 12:40	M 1:00 - 2:00	
	 freestyle Group Training BURN	 freestyle Group Training HIIT	 freestyle Group Training BURN	 BOOM™	 freestyle Group Training BURN	 BOOM™	
	PT Team	PT Team	PT Team	Nat	PT Team	Ian Jasman	
	M 12:45 - 1:15	M 12:45 - 1:45	M 12:45 - 1:15	M 1:15 - 1:45	M 12:45 - 1:45	M 2:00 - 2:30	M 1:30 - 2:00
	 freestyle Group Training HIIT	 BOOM™	 freestyle Group Training STRENGTH	 freestyle Group Training STRENGTH	 BOOM™	 freestyle Group Training BURN	 freestyle Group Training BURN
	PT Team	Jasmine	PT Team	PT Team	PT Team	PT Team	PT Team
	M 6:30 - 7:30	M 6:45 - 7:45	M 6:00 - 6:30		M 6:30 - 7:00	M 3:00 - 4:00	M 2:00 - 2:30
	 BOOM™	 TURF GAMES	 MUAY FIGHT PRO		 freestyle Group Training STRENGTH	 BOOM™	 freestyle Group Training STRENGTH
	PT Team	Full PT Team	Jo Tan		PT Team	Mingfei	PT Team
	M 7:30 - 8:00		M 6:30 - 7:00	M 7:00 - 8:00	M 7:00 - 7:30		
	 freestyle Group Training BURN		 freestyle Group Training HIIT	 TURF GAMES	 freestyle Group Training BURN		
	PT Team		PT Team	Full PT Team	PT Team		
	M 8:00 - 9:00		M 7:30 - 8:30	M 8:00 - 8:30	M 7:30 - 8:30		
	 BOOM™		 BOOM™	 MUAY FIGHT PRO	 BOOM™		
	Leonard		PT Team	Aaron Neo	PT Team		

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 10:00 - 11:15		M 9:00 - 10:00	M 10:00 - 11:00	M 10:00 - 10:50	M 9:00 - 9:45	M 9:00 - 10:00
	DANCE MOVES		BODYCOMBAT®	BODYPUMP®	CIRCUIT	BODYATTACK®	BODYPUMP®
	Charlotte		Jo Tan	Jenny	Yeoh	Bhas	Jo Tan
	M 11:30 - 12:15	M 11:05 - 12:05	M 10:05 - 11:05	M 11:10 - 12:10	M 11:10 - 12:10	M 10:00 - 11:00	M 10:05 - 11:05
	BODYCOMBAT®	ZUMBA®	DANCE MOVES	YCOMBAT®	CARDIO STEP	BODYBALANCE®	BODYBALANCE
	Josephine L	Miko	Naila	Jeannie	Ken	Alvin	Jo Tan
			M 11:10 - 12:10			M 11:05 - 12:05	M 11:10 - 12:10
			BODYPUMP®			ZUMBA®	BODYCOMBAT®
			Jo Tan			Serene	Jage
	M 12:20 - 13:20	M 12:15 - 13:15	M 12:15 - 13:15	M 12:15 - 13:05	M 12:15 - 13:15	M 12:10 - 13:10	M 12:15 - 13:15
	CARDIO STEP	BODYPUMP®	BODYCOMBAT®	F GENTLE FLOW™ YOGA	BODYPUMP®	BODYJAM®	BODYPUMP®
	Fiona	Jeannie	Levian	Yvonne	Nicky / Karel	Wendy	Benjamin Lai
		M 13:20 - 14:20			M 13:20 - 14:20	M 13:20 - 14:20	M 13:20 - 14:20
		BODYCOMBAT®			BODYCOMBAT®	BODYSTEP®	BODYATTACK®
		Jeannie			Karel	Kelvin Chai	Josephine Tong
		M 15:00 - 16:00	M 17:30 - 18:30	M 17:30 - 18:30		M 14:30 - 15:30	M 14:30 - 15:30
		BODYCOMBAT®	BODYJAM®	BODYCOMBAT®		F HARDCORE™ OVERLOAD F HARDCORE™	F GENTLE FLOW™ YOGA
		Lock	Naila	Nat		Desiree	Ashley
	M 18:40 - 19:40	M 18:40 - 19:40	M 18:40 - 19:40	M 18:50 - 19:40	M 18:40 - 19:40	M 15:40 - 16:40	M 15:40 - 16:40
	BODYPUMP®	BODYSTEP®	BODYPUMP®	SH'BAM®	BODYPUMP®	BODYCOMBAT®	BODYJAM®
	Nicky / Win	Kelvin Chai	Win	Desmond Chen/Tessa	Alan Shin	Zac	Jaclyn
	M 19:45 - 20:45	M 19:45 - 20:45	M 19:45 - 20:45	M 19:45 - 20:45	M 19:45 - 20:45	M 16:50 - 17:50	M 16:50 - 17:50
	BODYCOMBAT®	BODYBALANCE®	BODYATTACK®	BODYPUMP®	BODYCOMBAT®	F GENTLE FLOW™ YOGA	ZUMBA®
	Alex	Kelvin Chai	Mervyn	Gage	Alex	Alison	Charlotte
	M 20:50 - 21:50	M 20:50 - 21:50	M 20:50 - 21:50	M 20:50 - 21:50	M 20:50 - 21:50		
	BODYJAM®	BODYPUMP®	BODYBALANCE®	BODYCOMBAT®	BODYJAM®		
	Taufiq	Gage	Christina Koh	Joyce Lee	Desmond Chen		
FREESTYLE AREA	M 12:15 - 12:45	M 12:15 - 12:45	M 12:15 - 12:45	M 12:15 - 12:45	M 12:15 - 12:45		
	freestyle Group Training STRENGTH	freestyle Group Training HIIT	freestyle Group Training POWER	freestyle Group Training HIIT	freestyle Group Training STRENGTH		
	Leonard	Indra	Leonard	Hisham	Jensen		
						M 18:00 - 18:30	M 18:00 - 18:30
						freestyle Group Training HIIT	freestyle Group Training STRENGTH
						Hisham	Jay
	M 18:00 - 18:30	M 18:00 - 18:30	M 18:00 - 18:30	M 18:00 - 18:30	M 18:00 - 18:30	M 18:30 - 19:00	M 18:00 - 18:30
freestyle Group Training HIIT	freestyle Group Training POWER	freestyle Group Training HIIT	freestyle Group Training STRENGTH	freestyle Group Training HIIT	freestyle Group Training POWER	freestyle Group Training HIIT	
Hisham	Aliff/Jay	Jensen	Aliff/Jay	Indra	Hisham	Jay	

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	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO		M 7:15 - 8:15					M 8:15 - 9:15
		BODYPUMP®					BODYATTACK®
		Aaron Hei					Bhas
	M 9:00 - 10:00		M 9:10 - 10:10	M 9:00 - 10:00	M 9:00 - 10:00	M 9:00 - 10:00	M 9:20 - 10:20
	BODYCOMBAT®		ZUMBA®	CIRCUIT	ZUMBA®	BODYCOMBAT®	BODYPUMP®
	Lock		Christina	Renu Kaur	Serene Yee	Karel	Jacelyn
	M 10:00 - 11:00	M 10:15 - 11:05	M 10:10 - 10:40	M 10:10 - 11:10		I 10:10 - 11:10	I 10:30 - 11:30
	BODYPUMP®	SH'BAM®	HARD CORE™ OVERLOAD	LES MILLS TONE™		STEP MOVES	STEP MOVES
	Karel	Joanna	Carol Then	Angie Tion		Amy	Mervyn Jin
			M 10:45 - 11:15		M 10:00 - 10:50	M 11:20 - 12:10	M 11:35 - 12:25
			HARD CORE™		POUND	POUND	SH'BAM®
			Carol Then		Joanna	Amy	Lee Tong
	M 11:20 - 12:20	M 11:15 - 12:15	M 11:20 - 12:20	M 11:20 - 12:20	M 11:00 - 11:55	M 12:20 - 13:20	M 12:25 - 13:25
	BODYJAM®	BODYPUMP®	BODYCOMBAT®	ZUMBA®	SH'BAM®	BODYJAM®	LES MILLS TONE™
	Lee Tong	Win	Zhengjie/Fang	Angie Tion	George	Amy	Kenny
	M 12:30 - 13:30	M 12:30 - 13:30		M 12:30 - 13:30	M 12:00 - 13:00	M 13:30 - 14:30	M 13:30 - 14:30
	ZUMBA®	BODYCOMBAT®		BODYPUMP®	BODYJAM®	BODYPUMP®	BODYPUMP®
	Timothy	Nat		Win	George	Jeannie	Renu Kaur
			M 15:00 - 15:45	M 15:00 - 15:50	M 15:00 - 16:00	M 14:40 - 15:40	M 14:40 - 15:40
			BODYPUMP®	SH'BAM®	BODYPUMP®	BODYCOMBAT®	BODYCOMBAT®
			Carol Then	Naila	Gabriel Kwek	Jeannie	Renu Kaur
				M 16:00 - 17:00		M 15:45 - 16:30	M 15:45 - 16:45
				BODYJAM®		SH'BAM®	ZUMBA®
				Naila	Eugene	Crystal	
	M 18:00 - 18:30				M 18:00 - 18:45	M 16:40 - 17:40	M 16:50 - 17:50
	HARD CORE™				POUND	BODYATTACK®	BODYCOMBAT®
	Renu Kaur				Edwin Ko	Kenny	Kinson
	M 18:40 - 19:40	M 18:40 - 19:40	M 18:40 - 19:40	M 18:40 - 19:10	M 18:50 - 19:40	M 17:50 - 18:50	
	BODYPUMP®	BODYCOMBAT®	BODYPUMP®	HARD CORE™ OVERLOAD	SH'BAM®	ZUMBA®	
	Renu Kaur	Jo Tan	Lily	Carol Then	Joanne	Fion	
	M 19:45 - 20:45	M 19:45 - 20:45	M 19:50 - 20:50	M 19:10 - 19:40	M 19:45 - 20:45		
	BODYATTACK®	BODYPUMP®	BODYJAM®	HARD CORE™	BODYJAM®		
	Lily	Ryan Haryadi	Amy	Carol Then	Joanne		
		M 20:50 - 21:40	M 20:50 - 21:40	M 19:45 - 20:45			
		ZUMBA®	BODYCOMBAT®	BODYCOMBAT®			
		Crystal	Gary	Katherine			
				M 20:50 - 21:35			
				BODYPUMP®			
				Livia			

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	MON	TUE	WED	THU	FRI	SAT	SUN
MIND & BODY STUDIO	M 9:15 - 10:15	M 9:00 - 10:00	M 9:00 - 10:00	M 7:30 - 8:30		M 9:00 - 10:00	M 9:00 - 10:00
	GENTLE FLOW™ YOGA	BODYBALANCE®	VINYASA YOGA	HOT FLOW™ YOGA		CORE FLOW™ YOGA	HOT YOGA
	Angie Tion	Joanna	San	Amanda Koh		Ian Fung	Albert
	M 10:25 - 11:25	M 10:05 - 11:05	M 10:05 - 11:05	M 9:00 - 10:00	M 10:00 - 11:00	M 10:05 - 11:05	M 10:00 - 11:00
	BODYBALANCE®	RESTORATIVE YOGA	YIN YOGA	GENTLE FLOW™ YOGA	PILATES	HOT FLOW™ YOGA	POWER YOGA
	Vivi	Albert	San	Angie Tion	Grace Phang	Ian Fung	Aaron
	M 11:30 - 12:30	M 11:15 - 12:15	M 11:20 - 12:20	M 10:10 - 11:10	M 11:00 - 12:00	M 11:15 - 12:15	M 11:05 - 12:05
	PILATES	DYNAMIC FLOW™ YOGA	POWER YOGA	FITBALL	GENTLE FLOW™ YOGA	PILATES	BODYBALANCE®
	Molly	Joanna	Paul	Renu Kaur	Carol Then	Michelle	Georgina
	M 12:35 - 13:35	M 12:20 - 13:20	M 12:30 - 13:45	M 12:30 - 13:30	M 12:00 - 13:00	M 12:15 - 13:15	M 12:10 - 13:10
	HOT FLOW™ YOGA	GENTLE FLOW™ YOGA	RESTORATIVE YOGA	BODYBALANCE®	HATHA YOGA	YOGA	HOT YOGA
	Yihan	Joanna	Paul	Alison	Alison	Michelle	Mervyn Jin
				M 13:30 - 14:30	M 13:00 - 14:00	M 13:20 - 14:20	M 13:20 - 14:20
				DYNAMIC FLOW™ YOGA	CORE FLOW™ YOGA	HOT YOGA	YIN YOGA
				Alison	Alison	Amanda	Mervyn Jin
	M 18:40 - 19:40	M 18:40 - 19:40	M 18:40 - 19:40	M 18:40 - 19:40	M 18:50 - 19:50	M 14:30 - 15:30	M 14:30 - 15:30
	HATHA YOGA	HOT FLOW™ YOGA	BODYBALANCE®	HOT YOGA	RESTORATIVE YOGA	BODYBALANCE®	VINYASA YOGA
	Yuan Jing	Sherlin	Amy	Soo	Faiz	Joey	Amanda
	M 19:50 - 20:50	M 19:45 - 20:45	M 19:45 - 20:45	M 19:50 - 20:50	M 20:00 - 21:00	M 15:45 - 16:45	M 15:40 - 16:40
	DYNAMIC FLOW™ YOGA	GENTLE FLOW™ YOGA	DYNAMIC FLOW™ YOGA	BODYBALANCE®	HOT FLOW™ YOGA	GENTLE FLOW™ YOGA	RESTORATIVE YOGA
	Cindy Tan	Sherlin	Lester	Marisa	Faiz	Lester	Amanda
		M 20:50 - 21:40	M 20:50 - 21:40	M 20:50 - 21:40		M 16:50 - 17:50	M 16:50 - 17:50
		PILATES	GENTLE FLOW™ YOGA	YIN YOGA		HATHA YOGA	PILATES
		Alison	Lester	Benny Li		Ben Chiu	Veron
CYCLING STUDIO	M 10:05 - 10:55	M 9:30 - 10:15	M 9:10 - 10:00	M 10:00 - 10:50	M 10:00 - 10:50		M 10:30 - 11:20
	RPM™	PRO CYCLING™	RPM™	RPM™	RPM™		RPM™
	Joanna	Carol Then	Vivi Woon	Joanna	Megan		Von
		M 12:30 - 13:20				M 12:00 - 13:00	M 12:30 - 13:20
		RPM™				RPM™ CHALLENGE	RPM™
		Win				Ching	Ching
		M 19:00 - 19:50	M 18:50 - 19:40			M 14:30 - 15:20	
		RPM™	RPM™			RPM™	
		Simon	Joe			Simon	
	M 19:50 - 20:40		M 19:50 - 20:40	M 19:50 - 20:40	M 19:00 - 19:50		
FREESTYLE AREA	RPM™		RPM™	RPM™	RPM™		
	Ching		Jamie	Carol	Joe		
	M 10:00 - 10:30	M 10:00 - 10:30	M 7:00 - 7:30	M 10:00 - 10:30	M 10:00 - 10:30	M 10:00 - 10:30	M 10:00 - 11:00
	freestyle	freestyle	freestyle	freestyle	freestyle	freestyle	freestyle
	Group Training SPARTAN	Group Training BURN	Group Training STRENGTH	Group Training HIIT	Group Training MUAY FIGHT PRO	Group Training BURN	Group Training STRENGTH
	M 12:00 - 12:30	M 12:30 - 13:00	M 13:30 - 14:00	M 12:00 - 12:30	M 12:30 - 13:00	M 11:00 - 11:30	M 11:00 - 11:30
	freestyle	freestyle	freestyle	freestyle	freestyle	freestyle	freestyle
	Group Training MUAY FIGHT PRO	Group Training HIIT	Group Training HIIT	Group Training BURN	Group Training HIIT	Group Training HIIT	Group Training BURN
	M 18:30 - 19:00	M 19:00 - 19:40	M 19:00 - 19:30	M 19:00 - 19:40	M 18:30 - 19:00	M 12:00 - 12:30	M 12:00 - 12:30
	freestyle	freestyle	freestyle	freestyle	freestyle	freestyle	freestyle
	Group Training STRENGTH	Group Training SPARTAN	Group Training STRENGTH	Group Training SPARTAN	Group Training STRENGTH	Group Training X-BLAST	Group Training MUAY FIGHT PRO
		M 20:00 - 20:30		M 20:00 - 20:30		M 14:00 - 14:30	M 14:00 - 14:30
		freestyle		freestyle		freestyle	freestyle
		Group Training MUAY FIGHT PRO		Group Training MUAY FIGHT PRO		Group Training MUAY FIGHT PRO	Group Training MUAY FIGHT PRO

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP EXERCISE STUDIO	M 7:05 - 7:50 BODYPUMP® Shirley Tan		M 7:00 - 7:50 BOSU® Rolly		M 7:00 - 8:00 BODYPUMP® Benji	M 8:10 - 9:10 ZUMBA® Crystal	M 8:10 - 9:00 GENTLE FLOW™ YOGA Cindy Tan
	M 8:00 - 9:00 DYNAMIC FLOW™ YOGA Caroline	M 8:00 - 8:45 BODYPUMP® Jasmine	M 8:00 - 8:50 PILATES Lena	M 8:00 - 9:00 BOSU® George	M 8:10 - 9:10 DYNAMIC FLOW™ YOGA Yong Chuan	M 9:15 - 10:05 BOSU® Rolly	M 9:10 - 10:10 BODYPUMP® Frances
	M 9:10 - 9:40 HARD CORE™ OVERLOAD Junwei	M 9:00 - 10:00 AERIAL FLOW™ YOGA Jasmine	M 9:00 - 10:00 BODYCOMBAT® Levian	M 9:10 - 9:55 LES MILLS TONE™ George	M 9:20 - 10:10 GENTLE FLOW™ YOGA Junwei	M 10:15 - 10:45 SUSPENSION EXERCISE CLASS Rolly	M 10:20 - 11:20 SH'BAM® John Por
	M 9:40 - 10:10 HARD CORE™ Junwei	M 10:10 - 11:10 DYNAMIC FLOW™ YOGA Caroline	M 10:10 - 11:10 SUSPENSION EXERCISE CLASS Benji	M 10:10 - 11:10 BODYJAM® George	M 10:20 - 11:10 BOSU® Junwei	M 10:45 - 11:15 HARD CORE™ Rolly	M 11:30 - 12:30 BODYCOMBAT® John Por
	M 10:20 - 11:10 SUSPENSION EXERCISE CLASS Rolly	M 11:20 - 12:20 BODYSTEP® Benji	M 11:20 - 11:50 HARD CORE™ OVERLOAD Alan Shin	M 11:20 - 12:20 POWER YOGA Albert	M 11:20 - 12:20 SH'BAM® Jaclyn	M 11:25 - 12:25 BODYPUMP® Gage	
	M 11:20 - 12:20 BODYCOMBAT® John Por		M 11:50 - 12:20 HARD CORE™ Alan Shin	M 1:40 - 2:40 AERIAL FLOW™ YOGA George		M 12:35 - 13:35 ZUMBA® Ana	M 12:40 - 13:40 BODYPUMP® Ryan Haryadi
	M 12:30 - 13:30 SH'BAM® John Por	M 12:30 - 13:30 GENTLE FLOW™ YOGA Junwei	M 12:30 - 13:30 BODYPUMP® Bhas	M 12:30 - 13:30 BODYCOMBAT® Karel	M 12:30 - 13:30 BODYBALANCE® Jennifer C/Christina K	M 13:45 - 14:45 BODYCOMBAT® Enid	M 13:50 - 14:40 SUSPENSION EXERCISE CLASS Rozanne
	M 15:30 - 16:30 LES MILLS TONE™ George		M 15:30 - 16:30 LES MILLS TONE™ Ana	M 15:30 - 16:30 BODYPUMP® Ming Fei		M 14:55 - 15:55 BODYBALANCE® Christina Koh	M 14:50 - 15:50 GENTLE FLOW™ YOGA Ying Kai
	M 17:30 - 18:20 ZUMBA® Christina Koh	M 17:35 - 18:20 BODYCOMBAT® Junwei	M 17:35 - 18:20 SH'BAM® Nat	M 17:35 - 18:20 BODYCOMBAT® Karel	M 17:35 - 18:20 BODYPUMP® Benji	M 16:05 - 17:05 SH'BAM® Joe	M 16:00 - 17:00 BODYCOMBAT® Janice
	M 18:30 - 19:30 YOGA (OUTDOOR) Albert	M 18:30 - 19:30 YOGA (OUTDOOR) Jamie Phua	M 18:30 - 19:30 YOGA (OUTDOOR) Desmond Ong			M 17:05 - 17:35 HARD CORE™ OVERLOAD Benji	M 16:00 - 17:00 AERIAL FLOW™ YOGA Lester
	M 18:30 - 19:30 BODYCOMBAT® Janice	M 18:30 - 19:30 BODYPUMP® Kee	M 18:30 - 19:30 BODYBALANCE® Gerald Aw	M 18:30 - 19:30 SH'BAM® Jaclyn	M 18:30 - 19:30 CORE FLOW™ YOGA Caroline		
	M 19:35 - 20:35 BODYPUMP® Philip	M 19:35 - 20:35 SH'BAM® Pao Pao	M 19:35 - 20:35 BODYJAM® Jaclyn	M 19:35 - 20:35 BODYPUMP® Ryan Haryadi	M 19:35 - 20:35 BODYCOMBAT® Priya	M 17:35 - 18:35 BODYSTEP® Benji	
	M 20:40 - 21:40 LES MILLS TONE™ Kester	M 20:40 - 21:40 BODYCOMBAT® Kee	M 20:40 - 21:40 BODYPUMP® Benji	M 20:40 - 21:40 BODYBALANCE® Levian	M 20:40 - 21:40 BODYJAM® Angelina		

	MON	TUE	WED	THU	FRI	SAT	SUN
CYCLING STUDIO	M 12:30 - 13:20 RPM™ Von		M 12:30 - 13:20 RPM™ Jay			M 10:00 - 10:50 RPM™ Glenn	M 12:00 - 12:50 RPM™ Lay Yen
	M 18:30 - 19:20 RPM™ Willie	M 18:30 - 19:30 RPM™ CHALLENGE Lay Yen	M 18:30 - 19:20 RPM™ Megan	M 18:30 - 19:20 RPM™ Bernie			M 13:30 - 14:30 RPM™ CHALLENGE Lay Yen
	M 19:40 - 20:40 RPM™ CHALLENGE Willie	M 19:50 - 20:40 RPM™ Lay Yen	M 19:40 - 20:40 RPM™ CHALLENGE Megan	I/A 19:40 - 20:25 PRO CYCLING™ Bernie			
		M 8:15 - 9:15 AQUA FIT® Eunice				M 9:30 - 10:30 AQUA FIT® Shirley	M 11:30 - 12:30 AQUA FIT® Eunice
POOL							
	M 7:30 - 8:00 freestyle Group Training HIIT	M 7:30 - 8:00 freestyle Group Training STRENGTH	M 7:30 - 8:00 freestyle Group Training HIIT	M 7:30 - 8:00 freestyle Group Training STRENGTH	M 7:30 - 8:00 freestyle Group Training HIIT	M 10:00 - 10:30 freestyle Group Training HIIT	M 10:00 - 10:30 freestyle Group Training HIIT
	M 10:00 - 10:30 freestyle Group Training STRENGTH	M 10:00 - 10:30 freestyle Group Training HIIT	M 10:00 - 10:30 freestyle Group Training STRENGTH	M 10:00 - 10:30 freestyle Group Training HIIT	M 10:00 - 10:30 freestyle Group Training STRENGTH	M 12:00 - 12:30 freestyle Group Training STRENGTH	M 12:00 - 12:30 freestyle Group Training STRENGTH
	M 12:30 - 13:00 freestyle Group Training HIIT	M 12:30 - 13:00 freestyle Group Training HIIT	M 12:30 - 13:00 freestyle Group Training STRENGTH	M 12:30 - 13:00 freestyle Group Training HIIT	M 12:30 - 13:00 freestyle Group Training STRENGTH	M 14:00 - 14:30 freestyle Group Training STRENGTH	M 14:00 - 14:30 freestyle Group Training STRENGTH
	M 15:00 - 15:30 freestyle Group Training STRENGTH		M 15:00 - 15:30 freestyle Group Training HIIT		M 15:00 - 16:30 freestyle Group Training HIIT	M 16:00 - 16:30 freestyle Group Training HIIT	M 16:00 - 16:30 freestyle Group Training HIIT
	M 19:30 - 20:00 freestyle Group Training HIIT	M 19:30 - 20:00 freestyle Group Training STRENGTH	M 19:30 - 20:00 freestyle Group Training HIIT	M 19:30 - 20:00 freestyle Group Training STRENGTH	M 19:30 - 20:00 freestyle Group Training STRENGTH		

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