

CHINESE NEW YEAR

GX CLASSES > 31 JANUARY TO 2 FEBRUARY

100AM

31 JANUARY
MAIN STUDIO

7.15AM - 8.15AM
8.45AM - 9.45AM
12.00PM - 1.00PM
1.15PM - 2.15PM
2.30PM - 3.30PM
3.45PM - 4.45PM

BODYCOMBAT
BODYPUMP
BODYCOMBAT
BODYPUMP
BODYSTEP
BODYJAM

RYAN LOW
YEOH
KENNETH
ALAN SHIN
SHAREN
ANA

MIND & BODY STUDIO

7.15AM - 8.15AM
8.45AM - 9.45AM
12.00PM - 1.00PM
1.15PM - 2.15PM
2.30PM - 3.30PM
3.45PM - 4.45PM

HOT YOGA
YOGA CORE
BODYBALANCE
DYNAMIC FLOW YOGA
GENTLE FLOW YOGA
BODYBALANCE

ALBERT
CHARMAINE CHOO
AMY
JENNIFER CHEN
JULIAN
JULIAN

CYCLING STUDIO

7.30AM - 8.15AM
12.15PM - 1.00PM

RPM
RPM

DHARINNI
JAMIE GOH

1 FEBRUARY
MAIN STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.15PM
12.45PM - 1.45PM
2.00PM - 3.00PM
3.15PM - 4.15PM
4.30PM - 5.30PM

BODYPUMP
BODYSTEP
SH'BAM
BODYPUMP
BODYJAM
CIRCUIT
BODYCOMBAT

LEONARD ONG
JASPER ZENG
SHAWN NG
CHEERENE
SHIRLEY
DESIREE
JACKY TAN

MIND & BODY STUDIO

10.15AM - 11.15AM
11.30AM - 12.30PM
12.45PM - 1.45PM
2.00PM - 3.00PM
3.15PM - 4.15PM
4.30PM - 5.30PM

YOGA CORE
BODYBALANCE
VINYASA YOGA
GENTLE FLOW YOGA
DYNAMIC FLOW YOGA
HATHA YOGA

JOEY KOH
AGNES
JOEY KOH
ALISON
DAWN TAN
DAWN TAN

CYCLING STUDIO

11.00AM - 11.45AM

RPM

MONICA

2 FEBRUARY
MAIN STUDIO

9.00AM - 10.00AM
10.15AM - 11.00AM
11.30AM - 12.30PM
12.45PM - 1.45PM
2.00PM - 3.00PM
3.15PM - 4.00PM
4.30PM - 5.30PM

BODYCOMBAT
HARDCORE CHALLENGE
ZUMBA
BODYCOMBAT
BODYSTEP
SH'BAM
BODYPUMP

YIRU
DESIREE
CRYSTAL
MIU
BENJI
DOEY
GERALD NG

MIND & BODY STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.30PM
12.45PM - 1.45PM
2.00PM - 3.00PM
3.15PM - 4.15PM
4.30PM - 5.30PM

CORE CONDITIONING
GENTLE FLOW YOGA
DYNAMIC FLOW YOGA
VINYASA YOGA
YOGA CORE
BODYBALANCE
YIN YOGA

DESIREE
LESTER LOW
LESTER LOW
YUAN JING
YUAN JING
BENJI
KELVIN

CYCLING STUDIO

11.00AM - 11.45AM

RPM

VON

321 CLEMENTI

31 JANUARY
MAIN STUDIO

7.30AM - 8.30AM
9.00AM - 10.00AM
10.30AM - 11.30AM
12.00PM - 1.00PM
1.30PM - 2.30PM
4.30PM - 5.30PM

YIN YOGA
DYNAMIC FLOW YOGA
BODYPUMP
BODYCOMBAT
BODYBALANCE
ZUMBA

CINDY
CINDY
SHIRLEY TAN
RACHEL SOH
RACHEL SOH
MUS

1 FEBRUARY
MAIN STUDIO

10.30AM - 11.30AM
12.00PM - 12.45PM
1.30PM - 2.30PM
3.00PM - 4.00PM
4.30PM - 5.30PM

BODYJAM
SH'BAM
BODYPUMP
BODYCOMBAT
BODYATTACK

DESMOND CHEN
DESMOND CHEN
SHIRLEY TAN
ALBERT S.
BENJI

2 FEBRUARY
MAIN STUDIO

10.30AM - 11.30AM
12.00PM - 1.00PM
1.30PM - 2.30PM
3.00PM - 4.00PM
4.30PM - 5.30PM

BODYCOMBAT
BODYBALANCE
ZUMBA
BODYPUMP
YIN YOGA

PRIYA
PRIYA
CRYSTAL
REGINA
REGINA

AMK HUB

31 JANUARY
MAIN STUDIO

8.00AM - 9.00AM
9.15AM - 10.00AM
10.30AM - 11.15AM
11.45AM - 12.45PM
1.00PM - 1.45PM
2.00PM - 3.00PM

BODYPUMP
SH'BAM
POUND
BODYSTEP
CIRCUIT
BODYCOMBAT

JOJO
NAT
EDWIN KO
EDWIN KO
FANG
FANG

MIND & BODY STUDIO

8.00AM - 9.00AM
9.15AM - 10.15AM
10.30AM - 11.30AM
11.45AM - 12.45PM

HATHA YOGA
BODYBALANCE
YIN YOGA
PILATES

LI HUA
JEFFREY
BEN CHIU
MOLLY

CYCLING STUDIO

10.45AM - 11.30AM

RPM

VON

1 FEBRUARY
MAIN STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.15PM
12.45PM - 1.45PM
2.00PM - 2.45PM
3.15PM - 4.15PM
4.30PM - 5.30PM

BODYATTACK
BODYCOMBAT
SH'BAM
BODYJAM
LES MILLS TONE
BODYSTEP
BODYPUMP

ALBERT
RACHEL SOH & PRIYA
GEORGE
GEORGE
CHOKY
HEATHER
LEONARD ONG

MIND & BODY STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.30PM
12.45PM - 1.45PM
2.00PM - 3.00PM
3.15PM - 4.15PM

BODYBALANCE
CORE CONDITIONING
HATHA YOGA
GENTLE FLOW YOGA
VINYASA YOGA
RESTORATIVE YOGA

RACHEL SOH
LI HUA
LI HUA
CHOKY
HALEY
HALEY

CYCLING STUDIO

11.30AM - 12.15PM

RPM

YAN RONG

2 FEBRUARY
MAIN STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.30PM
12.45PM - 1.30PM
2.00PM - 2.45PM
3.15PM - 4.15PM
4.30PM - 5.15PM

BODYCOMBAT
BODYATTACK
BODYSTEP
LES MILLS TONE
HARDCORE CHALLENGE
BODYJAM
SH'BAM

ALBERT
HEATHER
EDWIN KO
EDWIN KO
EDWIN KO
AMY & EDWIN KO
GEORGE

MIND & BODY STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.30PM
12.45PM - 1.45PM
2.00PM - 3.00PM
3.15PM - 4.15PM

YIN YOGA
DYNAMIC FLOW YOGA
HATHA YOGA
POWER YOGA
BODYBALANCE
GENTLE FLOW YOGA

JEFFREY
JEFFREY
AARON HEI
AARON HEI
AMY
GEORGE

CYCLING STUDIO

11.30AM - 12.15PM
3.15PM - 4.00PM

RPM
RPM

ALAN TAN
VON

BUGIS JUNCTION

31 JANUARY
MAIN STUDIO

7.00AM - 8.00AM
8.30AM - 9.20AM
12.00PM - 1.00PM
1.15PM - 2.15PM
2.30PM - 3.30PM
3.45PM - 4.45PM

BODYPUMP
BODYCOMBAT
BODYPUMP
BODYCOMBAT
BODYBALANCE
BODYJAM

LEONARD ONG
JACKY
GERALD NG
JASPER
AMY
LUCAS

1 FEBRUARY
MAIN STUDIO

10.00AM - 10.45AM
11.00AM - 12.00PM
12.15PM - 1.15PM
1.30PM - 2.30PM
2.45PM - 3.45PM

LES MILLS TONE
BODYPUMP
BODYBALANCE
BODYCOMBAT
BODYPUMP

KESTER
KESTER
KESTER
MINGFEI
MINGFEI

2 FEBRUARY
MAIN STUDIO

10.00AM - 11.00AM
11.15AM - 12.00PM
12.15PM - 1.15PM
1.30PM - 2.30PM
2.45PM - 3.15PM
3.30PM - 4.30PM

BODYCOMBAT
SH'BAM
BODYJAM
BODYPUMP
LES MILLS GRIT STRENGTH
BODYATTACK

NATALIE
NATALIE
SHIRLEY
ADELINE LU
ADELINE LU
LILY

CAPITAL TOWER

31 JANUARY

THE PLAYGROUND

7.15AM - 7.45AM
8.00AM - 8.30AM
12.00PM - 1.00PM
1.15PM - 2.00PM

GRIT ATHLETIC
GRIT STRENGTH
BODYPUMP
HARDCORE CHALLENGE

BRYAN WONG
BRYAN WONG
BENJI
BENJI

CYCLING STUDIO

7.30AM - 8.20AM
12.00PM - 12.50PM

RPM
RPM

MONICA
VIVI

FUSIONOPOLIS

31 JANUARY

MAIN STUDIO

7.00AM - 8.00AM
8.20AM - 9.20AM
9.40AM - 10.40AM
11.00AM - 12.00PM
12.20PM - 1.20PM
1.40PM - 2.25PM

BODYCOMBAT
TOTAL BODY CONDITIONING
ZUMBA
BODYJAM
BODYCOMBAT
CORE CONDITIONING

KELVIN TAY
JJ
ANA
ANA
PRIYA
LIHUA

MIND & BODY STUDIO

8.20AM - 9.20AM
9.40AM - 10.40AM
11.00AM - 12.00PM
12.20PM - 1.20PM

HOT FLOW YOGA
CORE FLOW YOGA
BODYBALANCE
GENTLE FLOW YOGA

MICHELLE
ALISON
ALISON
ALISON

CYCLING STUDIO

9.00AM - 9.50PM
11.30AM - 12.15PM

RPM
RPM

BENJI
JOE

HIIT X

12.30PM - 1.15PM

HIITX RUSH 45

ZUL

1 FEBRUARY

MAIN STUDIO

8.20AM - 9.20AM
9.40AM - 10.40AM
11.00AM - 12.00PM
12.20PM - 1.20PM
1.40PM - 2.40PM
3.00PM - 4.00PM

BODYPUMP
BODYSTEP
BODYPUMP
BODYCOMBAT
ZUMBA
BODYATTACK

NICKY
GLENN
AGUS
AGUS
MUS
ALBERT W

MIND & BODY STUDIO

8.20AM - 9.20AM
9.40AM - 10.40AM
11.00AM - 12.00PM
12.20PM - 1.20PM
1.40PM - 2.40PM

HOT FLOW YOGA
BODYBALANCE
YIN YOGA
HATHA YOGA
HOT FLOW YOGA

JENNY
JENNY
YJ
YJ
ASHLEY

CYCLING STUDIO

10.00AM - 11.00AM
11.30AM - 12.15PM

RPM STAGES
RPM

LENNART
LENNART

HIIT X

12.30PM - 1.15PM

HIITX STRENGTH 45

MINGJIN

2 FEBRUARY

MAIN STUDIO

8.20AM - 9.20AM
9.40AM - 10.40AM
11.00AM - 12.00PM
12.20PM - 1.20PM
1.40PM - 2.40PM

BODYPUMP
BODYCOMBAT
ZUMBA
BODYPUMP
BODYATTACK

NATHANIEL
CHERYL
CHARLOTTE
LENNART
KEEFE

MIND & BODY STUDIO

8.20AM - 9.20AM
9.40AM - 10.40AM
11.00AM - 12.00PM
12.20PM - 1.20PM
1.40PM - 2.40PM

PILATES
BODYBALANCE
DYNAMIC FLOW
YIN YOGA
GENTLE FLOW

NICHOLAS
ETHAN TONG
JO LIM
JO LIM
JO LIM

CYCLING STUDIO

9.00AM - 9.45AM
11.30AM - 12.15PM

RPM
RPM

LENNART
GLENN

HIIT X

12.30PM - 1.15PM

HIITX STRENGTH 45

AMIRUL

JUNCTION 10

31 JANUARY

MAIN STUDIO

8.45AM - 9.45AM
10.00AM - 11.00AM
11.15AM - 12.00PM
12.15PM - 1.15PM
1.30PM - 2.30PM
2.45PM - 3.45PM

BODYPUMP
DANCE MOVES
POUND
HATHA YOGA
BODYPUMP
BODYCOMBAT

VIVI WOON
CHARLOTTE
ROBYN
DESMOND ONG
KATHERINE
KATHERINE

CYCLING STUDIO

10.00AM - 10.45AM
11.30AM - 12.15PM

RPM
RPM

ROBYN
PIERRE

1 FEBRUARY

MAIN STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.15PM
12.30PM - 1.30PM
1.45PM - 2.45PM
3.00PM - 4.00PM
4.15PM - 5.15PM

BODYCOMBAT
VINYASA YOGA
LES MILLS BARRE 45
ZUMBA
BODYPUMP
BODYCOMBAT
PILATES

CHERYL
CHARMAINE CHOO
CHARLOTTE
CHARLOTTE
ROBYN
MIU
VALERIE

CYCLING STUDIO

10.30AM - 11.15PM
1.30PM - 2.15PM

RPM
RPM

WEE BOON
SHUTING

JUNCTION 10

2 FEBRUARY

MAIN STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.30PM
12.45PM - 1.45PM
2.00PM - 2.45PM
3.00PM - 4.00PM

HATHA YOGA
BODYPUMP
BODYCOMBAT
ZUMBA
LES MILLS CORE 45
BODYCOMBAT

CHARMAINE CHOO
NICKY
JASMIN ONG
MUS
ROBYN
JACKY

CYCLING STUDIO

10.30AM - 11.15AM
1.00PM - 1.45PM

RPM
RPM

RANDY
ROBYN

MAPLE TREE

31 JANUARY

MAIN STUDIO

7.00AM - 7.45AM
12.00PM - 12.45PM
1.00PM - 1.45PM

BODYATTACK
ZUMBA
CIRCUIT

JESSICA
CRYSTAL
JJ

MARKET STREET

31 JANUARY

MAIN STUDIO

7.00AM - 8.00AM
8.15AM - 9.00AM
12.00PM - 12.45PM
1.00PM - 1.45PM

BODYCOMBAT
BODYPUMP
BODYCOMBAT
CIRCUIT

NICOLE
GLENN
MING FEI
CHRIS CHIAM

MIND & BODY STUDIO

7.00AM - 8.00AM
12.00PM - 12.45PM
1.00PM - 1.45PM

DYNAMIC FLOW YOGA
HOT FLOW YOGA
GENTLE FLOW YOGA

LESTER LOW
CHRISTINE TAN
CHRISTINE TAN

CYCLING STUDIO

7.00AM - 7.45AM
12.30PM - 1.15PM
2.45PM - 3.30PM

RPM
RPM
RPM

JIAMIN
JUNE
BENJI

VAULT

12.00PM - 12.45PM

BOOM

HELMI

FREESTYLE AREA

12.30PM - 1.15PM

HIITX RUSH 45

VINCENT

1 FEBRUARY

MAIN STUDIO

10.45AM - 11.45AM
12.00PM - 1.00PM
1.15PM - 2.15PM
2.30PM - 3.30PM

CIRCUIT
BODYPUMP
BODYATTACK
BODYCOMBAT

JAY
GRACE LEE
GLENN
JIMMY TAN

MIND & BODY STUDIO

10.45AM - 11.45AM
12.00PM - 1.00PM
1.15PM - 2.15PM

VINYASA YOGA
HOT FLOW YOGA
GENTLE FLOW YOGA

ASHLEY CHER
ASHLEY CHER
IAN FUNG

CYCLING STUDIO

10.30AM - 11.15AM
12.00PM - 12.45PM

RPM
RPM

VON
GLENN

FREESTYLE AREA

12.00PM - 12.45PM

HIITX RUSH 45

GHAZ

2 FEBRUARY

MAIN STUDIO

10.45AM - 11.45AM
12.00PM - 1.00PM
1.15PM - 2.00PM
2.30PM - 3.30PM

BODYCOMBAT
CIRCUIT
LESMILLS TONE
BODYPUMP

FANG
FANG
KESTER
MING FEI

MIND & BODY STUDIO

10.45AM - 11.45AM
12.00PM - 1.00PM
2.15PM - 3.15PM

DYNAMIC FLOW YOGA
HOT FLOW YOGA
BODYBALANCE

ASHLEY CHER
ASHLEY CHER
KESTER

CYCLING STUDIO

10.30AM - 11.15AM
12.00PM - 12.45PM

RPM
RPM

MONICA
YONG

FREESTYLE AREA

1.00PM - 1.45PM

HIITX RUSH 45

GHAZ

ONE GEORGE STREET

31 JANUARY

MAIN STUDIO

7.00AM - 8.00AM
12.00PM - 12.45PM
1.00PM - 1.45PM
2.00PM - 3.00PM
3.15PM - 4.15PM

BODYPUMP
BODYATTACK
BODYPUMP
BODYJAM
BODYCOMBAT

GEOFFREY
GLENN
KESTER
CLARENCE
JO TAN

1 FEBRUARY

MAIN STUDIO

10.30AM - 11.30AM
11.45AM - 12.45PM
1.00PM - 2.00PM
2.15PM - 3.00PM
3.15PM - 4.15PM

BODYPUMP
BODYCOMBAT
ZUMBA
SH'BAM
DANCE MOVES

GAVIN
GAVIN
TOMOMI
LOUIS
LOUIS

2 FEBRUARY

MAIN STUDIO

10.30AM - 11.30AM
11.45AM - 12.45PM
1.00PM - 1.45PM
2.00PM - 3.00PM
3.15PM - 4.15PM

BODYCOMBAT
BODYJAM
SH'BAM
BODYATTACK
BODYPUMP

KENNETH TAN
BENEDICT
NOEL
GLENN
GLENN

THE METROPOLIS

31 JANUARY

MAIN STUDIO

7.00AM - 8.00AM	BODYPUMP	GERALD
12.00PM - 1.00PM	BODYPUMP	ARON HEI
1.15PM - 2.00PM	BODYCOMBAT	CHERYL

HIIT X

1.00PM - 1.45PM	BURN	ABS
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MBFC

31 JANUARY

MAIN STUDIO

12.00PM - 12.45PM	BODYPUMP	LIJU
1.00PM - 1.45PM	BODYCOMBAT	LIJU

CYCLING STUDIO

12.00PM - 12.45PM	PRO CYCLING TRIATHLON TRAINING	MONICA
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ONE RAFFLES QUAY

31 JANUARY

MAIN STUDIO

7.00AM - 8.00AM	BODYCOMBAT	JOSEPHINE L.
8.15AM - 9.15AM	BODYPUMP	JO TAN
12.00PM - 12.45PM	BODYCOMBAT	YEOH
1.00PM - 1.45PM	CIRCUIT	YEOH

MIND & BODY STUDIO

7.00AM - 8.00AM	YOGA	ASHLEY C.
12.00PM - 12.45PM	PILATES	ALVIN Y.

CYCLING STUDIO

12.00PM - 12.45PM	RPM	YINSHI
1.00PM - 1.45PM	RPM	YINSHI

1 FEBRUARY

MAIN STUDIO

10.30AM - 11.30AM	BODYPUMP	YINSHI
11.45AM - 12.45PM	BODYCOMBAT	EDWIN C.
1.00PM - 2.00PM	BODYJAM	ANGELINA Y.

MIND & BODY STUDIO

10.30AM - 11.30AM	BODYBALANCE	REGINA
11.45AM - 12.45PM	YIN YOGA	REGINA

CYCLING STUDIO

11.45AM - 12.30PM	RPM	YINSHI
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2 FEBRUARY

MAIN STUDIO

10.30AM - 11.30AM	BODYCOMBAT	EDWIN C.
11.45AM - 12.45PM	BODYPUMP	VINZ & CK
1.00PM - 2.00PM	BODYCOMBAT	ADELINE GOH
2.15PM - 3.15PM	BODYPUMP	ADELINE GOH
3.30PM - 4.30PM	BODYJAM	ANGELINA Y.

MIND & BODY STUDIO

10.30AM - 11.30AM	GENTLE FLOW YOGA	CHRISTINE TAN
2.00PM - 3.00PM	VINYASA YOGA	SOO LIM
3.15PM - 4.15PM	YOGA CORE	SOO LIM

CYCLING STUDIO

10.30AM - 11.15AM	RPM	CAROL
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PARAGON

31 JANUARY

MAIN STUDIO

8.45AM - 9.30AM	BODYPUMP	JEANNIE
10.00AM - 10.45AM	CIRCUIT	JEANNIE
11.15AM - 12.00PM	SH'BAM	NAILA
12.30PM - 1.30PM	BODYPUMP	AGUS
2.00PM - 2.45PM	ZUMBA	AMILIA
3.15PM - 4.15PM	BODYPUMP	BERTRAM

MIND & BODY STUDIO

7.30AM - 8.15AM	BODYCOMBAT	JEANNIE
8.45AM - 9.30AM	HATHA YOGA	CHRISTINE TAN
10.00AM - 10.45AM	DYNAMIC FLOW YOGA	CHRISTINE TAN
11.15AM - 12.00PM	BODYCOMBAT	AGUS
12.30PM - 1.15PM	BODYBALANCE	JULIAN
1.45PM - 2.30PM	PILATES	ALVAN

CYCLING STUDIO

7.30AM - 8.15AM	RPM	YINSHI
8.45AM - 9.30AM	RPM	YVONNE SEOW
10.00AM - 10.45AM	RPM	MONICA
11.30AM - 12.15PM	RPM	CHESLYN
1.00PM - 1.45PM	RPM	YONG

1 FEBRUARY

MAIN STUDIO

10.00AM - 11.00AM	BODYPUMP	CHRISTOPHER SIM
11.15AM - 12.15PM	STEP MOVES	FIONA
12.30PM - 1.30PM	ZUMBA	JULIAN
1.45PM - 2.45PM	SHBAM	NOEL
3.00PM - 4.00PM	BODYPUMP	JULIAN

MIND & BODY STUDIO

11.15AM - 12.15PM	BODYATTACK	GRACE YEW
12.30PM - 1.30PM	BODYCOMBAT	KENNETH
1.45PM - 2.45PM	BODYBALANCE	JULIAN
3.00PM - 4.00PM	DYNAMIC FLOW YOGA	GERALD AW

CYCLING STUDIO

10.00AM - 10.50AM	RPM	LILIAN
12.15PM - 1.05PM	RPM	VON

PARAGON

2 FEBRUARY

MAIN STUDIO

10.00AM - 11.00AM	BODYPUMP	CHRISTOPHER SIM
11.15AM - 12.15PM	STEP MOVES	FIONA
12.30PM - 1.30PM	ZUMBA	AMILIA
1.45PM - 2.45PM	BODYJAM	JULIAN
3.00PM - 4.00PM	BODYPUMP	JULIAN
4.15PM - 5.15PM	BODYSTEP	SHAREN

MIND & BODY STUDIO

10.00AM - 11.00AM	BODYATTACK	MERVYN LAU
11.15AM - 12.15PM	BODYCOMBAT	RACHEL SOH
12.30PM - 1.30PM	HOT FLOW YOGA	CHRISTINE TAN
1.45PM - 2.45PM	GENTLE FLOW YOGA	CHRISTINE TAN
3.00PM - 4.00PM	BODYCOMBAT	DESMOND

CYCLING STUDIO

10.15AM - 11.05AM	RPM	LILIAN
12.30AM - 1.20PM	RPM	MONICA

SINGPOST CENTRE

31 JANUARY

MAIN STUDIO

7.00AM - 8.00AM	CIRCUIT	KAREL
9.00AM - 9.45AM	CORE CONDITIONING	JASMINE
10.00AM - 11.00AM	PILATES	JASMINE
12.00PM - 12.45PM	BODYPUMP	JASMINE
1.00PM - 1.45PM	BODYBALANCE	JASMINE
2.00PM - 3.00PM	BODYCOMBAT	MINGFEI
3.15PM - 4.00PM	CIRCUIT	KAREL
4.15PM - 5.15PM	BODYPUMP	KAREL

1 FEBRUARY

MAIN STUDIO

10.00AM - 11.00AM	BODYPUMP	WYATT
11.30AM - 12.30PM	BODYCOMBAT	WYATT
1.00PM - 1.45PM	SH'BAM	ANITA
2.15PM - 3.15PM	BODYJAM	ANITA
3.45PM - 4.45PM	BODYBALANCE	ETHAN

2 FEBRUARY

MAIN STUDIO

10.00AM - 10.45AM	LES MILLS CORE	BHAS
11.15AM - 12.15PM	BODYATTACK	BHAS
12.45PM - 1.30PM	LES MILLS TONE	BENJAMIN LAI
2.00PM - 3.00PM	BODYPUMP	BENJAMIN LAI
3.30PM - 4.30PM	BODYCOMBAT	YI RU

FREESTYLE

3.00PM - 3.45PM	BOOM	HAFIZ
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TAMPINES

31 JANUARY

MAIN STUDIO

8.30AM - 9.30AM	BODYCOMBAT	LOCK
9.45AM - 10.45AM	BODYPUMP	KAREL
11.00AM - 12.00PM	BODYJAM	LEE TONG
12.15PM - 1.15PM	ZUMBA	TIMOTHY
1.30PM - 2.30PM	BODYCOMBAT	NAT
2.45PM - 3.30PM	CIRCUIT	NAT

MIND & BODY STUDIO

8.30AM - 9.30AM	GENTLE FLOW YOGA	JOANNA
9.45AM - 10.45AM	BODYBALANCE	JOANNA
11.30AM - 12.30PM	HATHA YOGA	ALBERT
12.45PM - 1.45PM	YOGA	ALBERT

CYCLING STUDIO

10.00AM - 10.45AM	RPM	KARL
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FREESTYLE

12.00PM - 12.45PM	BOOM	CJ
1.00PM - 1.45PM	HIITX STRENGTH 45	PT TEAM

1 FEBRUARY

MAIN STUDIO

9.00AM - 9.45AM	LES MILLS TONE	EDWIN
10.00AM - 10.45AM	HARDCORE CHALLENGE	EDWIN
11.00AM - 12.00PM	ZUMBA	ANA
12.15PM - 1.15PM	BODYJAM	ANA
1.30PM - 2.30PM	BODYPUMP	RENU
3.15PM - 4.15PM	BODYCOMBAT	PRIYA

MIND & BODY STUDIO

9.00AM - 10.00AM	HOT YOGA	SAMANTHA
10.15AM - 11.15AM	POWER YOGA	SAMANTHA
11.30AM - 12.30PM	DYNAMIC FLOW YOGA	SOO
12.45PM - 1.45PM	GENTLE FLOW YOGA	SOO
2.00PM - 3.00PM	BODYBALANCE	PRIYA

CYCLING STUDIO

10.00AM - 10.45AM	RPM	CAROL
2.00PM - 2.45PM	RPM	WEE BOON

FREESTYLE

12.15PM - 1.00PM	NAK MUAY 45	RENU
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CHINESE NEW YEAR

GX CLASSES > 31 JANUARY TO 2 FEBRUARY

TAMPINES

2 FEBRUARY

MAIN STUDIO

9.00AM - 10.00AM
10.15AM - 11.00AM
11.15AM - 12.15PM
12.30PM - 1.30PM
1.45PM - 2.30PM
2.45PM - 3.45PM

BODYPUMP
CIRCUIT
BODYCOMBAT
BODYATTACK
SH'BAM
ZUMBA

ROBYN
RENU
MING FEI
ELLEIN
ELLEIN
MIYA

MIND & BODY STUDIO

9.00AM - 10.00AM
10.15AM - 11.15AM
11.30AM - 12.30PM
12.45PM - 1.45PM
2.00PM - 3.00PM

FITBALL
GENTLE FLOW YOGA
BODYBALANCE
POWER YOGA
RESTORATIVE YOGA

RENU
HALEY
HALEY
PAUL
PAUL

CYCLING STUDIO

10.30AM - 11.15AM
2.00PM - 2.45PM

RPM
RPM

ROBYN
KARL

FREESTYLE

12.30PM - 1.15PM

BOOM

MING FEI

CHANGI BIZ HUB

31 JANUARY

MAIN STUDIO

7.15AM - 8.15AM
12.00PM - 1.00PM
1.15PM - 2.00PM

BODYPUMP
BODYBALANCE
CIRCUIT

ALAN SHIN
JOANNA
JOANNA

CYCLING STUDIO

12.15PM - 1.00PM

RPM

CAROL

WESTGATE

31 JANUARY

MAIN STUDIO

7.00AM - 8.00AM
8.30AM - 9.30AM
10.00AM - 11.00AM
11.30AM - 12.15PM
1.00PM - 2.00PM
3.00PM - 3.45PM
4.30PM - 5.30PM

BODYPUMP
DYNAMIC FLOW YOGA
HARDCORE CHALLENGE
SH'BAM
BODYCOMBAT
LES MILLS TONE
ZUMBA

SHIRLEY TAN
DAWN
JUNWEI
JACLYN
JUNWEI
GEORGE
CHRISTINA KOH

CYCLING STUDIO

12.30PM - 1.20PM

RPM

WEE BOON

1 FEBRUARY

MAIN STUDIO

10.00AM - 11.00AM
11.30AM - 12.30PM
1.00PM - 2.00PM
2.30PM - 3.30PM
4.00PM - 5.00PM
5.30PM - 6.15PM

BODYCOMBAT
ZUMBA
BODYPUMP
BODYSTEP
BODYJAM
SH'BAM

ALBERT S.
CRYSTAL
BENJI
BENJI
JACLYN
JACLYN

CYCLING STUDIO

11.00AM - 11.50AM
12.30PM - 1.30PM

RPM
RPM 60

KARL
KARL

2 FEBRUARY

MAIN STUDIO

10.00AM - 11.00AM
11.30AM - 12.30PM
1.00PM - 2.00PM
2.30PM - 3.30PM
4.00PM - 5.00PM
5.30PM - 6.30PM

BODYPUMP
ZUMBA
BODYJAM
BODYBALANCE
BODYCOMBAT
DYNAMIC FLOW YOGA

SHIRLEY TAN
ANA
ANA
PRIYA
PRIYA & RACHEL SOH
LESTER LOW

CYCLING STUDIO

11.00AM - 11.50AM

RPM

WEE BOON