

LABOUR DAY

SPECIAL GX CLASSES 1 MAY 2019

100AM

MAIN STUDIO

| | | |
|-------------------|-------------|-----------------|
| 10.00AM - 11.00AM | BODYCOMBAT® | GAVIN |
| 11.10AM - 12.10PM | BODYPUMP® | VIVI WOON |
| 12.20PM - 1.20PM | ZUMBA® | AMILIA & JULIAN |

MIND & BODY STUDIO

| | | |
|-------------------|------------|-------|
| 10.15AM - 11.15AM | POWER YOGA | MEGAN |
| 11.25AM - 12.25PM | YIN YOGA | MEGAN |

CYCLING STUDIO

| | | |
|------------------|------|-----------|
| 12.30PM - 1.20PM | RPM™ | VIVI WOON |
|------------------|------|-----------|

321 CLEMENTI

MAIN STUDIO

| | | |
|-------------------|---------------|-----------|
| 11.00AM - 12.00PM | BODYCOMBAT® | PRIYA |
| 12.10PM - 1.10PM | SH'BAM® | JACLYN |
| 1.20PM - 2.20PM | BODYJAM® | JACLYN |
| 2.30PM - 3.30PM | DYNAMIC FLOW™ | CINDY TAN |
| 3.40PM - 4.40PM | GENTLE FLOW™ | CINDY TAN |

AMK HUB

MAIN STUDIO

| | | |
|-------------------|-----------------|--------|
| 10.30AM - 11.30AM | BODYPUMP® | RENU |
| 11.40AM - 12.40PM | BODYCOMBAT® | RENU |
| 12.50PM - 1.50PM | BODYJAM® | JUNWEI |
| 2.00PM - 3.00PM | LES MILLS TONE™ | JO TAN |
| 3.10PM - 4.10PM | ZUMBA® | TOMOMI |

MIND & BODY STUDIO

| | | |
|-------------------|--------------|---------|
| 11.40AM - 12.40PM | GENTLE FLOW™ | YIT YAN |
| 12.50PM - 1.50PM | BODYBALANCE® | JO TAN |

CYCLING STUDIO

| | | |
|------------------|----------------|----------|
| 12.00PM - 1.00PM | RPM™ CHALLENGE | YAN RONG |
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BUGIS JUNCTION

MAIN STUDIO

| | | |
|-------------------|--------------|----------|
| 10.00AM - 11.00AM | BODYCOMBAT® | KAREL |
| 11.10AM - 12.10PM | BODYPUMP® | KAREL |
| 12.20PM - 1.20PM | SH'BAM® | JACKY |
| 1.30PM - 2.30PM | BODYJAM® | AMY SEOW |
| 2.40PM - 3.40PM | BODYBALANCE® | AMY SEOW |

CITY SQUARE

MAIN STUDIO

| | | |
|-------------------|--------------|--------------|
| 10.00AM - 11.00AM | GENTLE FLOW™ | JOANNA |
| 11.10AM - 12.10PM | BODYCOMBAT® | TOSHIE |
| 12.20PM - 1.20PM | BODYPUMP® | ROBYN |
| 1.30PM - 2.20PM | POUND® | ROBYN |
| 2.30PM - 3.30PM | ZUMBA® | TIMOTHY ZHUO |

CYCLING STUDIO

| | | |
|-------------------|------|--------|
| 11.10AM - 12.00PM | RPM™ | JOANNA |
|-------------------|------|--------|

FUSIONOPOLIS

MAIN STUDIO

| | | |
|-------------------|-------------|---------|
| 10.15AM - 11.15AM | BODYPUMP® | GLENN |
| 11.30AM - 12.30PM | BODYSTEP™ | GLENN |
| 12.45PM - 1.15PM | CXWORX™ | GLENN |
| 2.30PM - 3.30PM | BODYCOMBAT® | JAGE |
| 3.45PM - 4.45PM | BODYPUMP® | JEANNIE |
| 5.00PM - 5.30PM | CXWORX™ | JEANNIE |

MIND & BODY STUDIO

| | | |
|-------------------|-----------------------------------|----------|
| 9.00AM - 10.15AM | VINYASA YOGA HEART OPENING | CAROLINE |
| 10.30AM - 11.45AM | VINYASA YOGA RETURNING TO CENTRE | CAROLINE |
| 2.45PM - 4.00PM | VINYASA YOGA STANDING & BALANCING | REGINA |
| 4.15PM - 5.30PM | YIN YOGA | REGINA |

CYCLING STUDIO

| | | |
|------------------|----------------|-----|
| 9.00AM - 10.00AM | RPM™ CHALLENGE | VON |
|------------------|----------------|-----|

JUNCTION 10

MAIN STUDIO

| | | |
|-------------------|-----------------|-----------|
| 10.00AM - 11.00AM | LES MILLS TONE™ | MERVYN |
| 11.15AM - 12.15PM | VINYASA YOGA | GARY KOH |
| 12.30PM - 1.30PM | BODYPUMP® | KAT |
| 1.45PM - 2.45PM | ZUMBA® | CHARLOTTE |
| 3.00PM - 4.00PM | BODYCOMBAT® | JEROME |

CYCLING STUDIO

| | | |
|-------------------|------|---------|
| 11.10AM - 12.00PM | RPM™ | SHUTING |
| 1.45PM - 2.35PM | RPM™ | YEE YIN |

FREESTYLE AREA

| | | |
|-------------------|--------------|----------|
| 10.00AM - 10.45AM | ANIMAL FLOW® | GARY KOH |
|-------------------|--------------|----------|

MARKET STREET

MAIN STUDIO

| | | |
|-------------------|-----------------|-------------|
| 10.30AM - 11.30AM | BODYCOMBAT® | EDWIN CHIAM |
| 11.45AM - 12.45PM | LES MILLS TONE™ | CHESLYN |
| 1.00PM - 2.00PM | BODYPUMP® | CAROL THEN |
| 2.15PM - 3.15PM | BODYATTACK™ | MERVYN |

MIND & BODY STUDIO

| | | |
|-----------------|------------------|---------|
| 1.00PM - 2.00PM | GENTLE FLOW™ | CHESLYN |
| 2.10PM - 3.10PM | VINYASA YOGA | SOO |
| 3.15PM - 4.15PM | RESTORATIVE YOGA | SOO |

CYCLING STUDIO

| | | |
|-------------------|------|------------|
| 11.00AM - 11.50AM | RPM™ | CAROL THEN |
|-------------------|------|------------|

PARAGON

MAIN STUDIO

| | | |
|-------------------|-------------|------------|
| 10.00AM - 11.00AM | BODYPUMP® | ANDRE WONG |
| 11.15AM - 12.15PM | CARDIO STEP | FIONA |
| 12.30PM - 1.30PM | BODYJAM® | NAILA |
| 1.45PM - 2.45PM | DANCE MOVES | NAILA |
| 3.00PM - 4.00PM | BODYPUMP® | GAGE |

MIND & BODY STUDIO

| | | |
|-------------------|--------------|--------------|
| 10.00AM - 11.00AM | BODYBALANCE® | JASMINE LIEW |
| 11.15AM - 12.15PM | BODYCOMBAT® | JASMINE LIEW |
| 12.30PM - 1.30PM | BODYCOMBAT® | JASPER MAK |
| 1.45PM - 2.45PM | BODYATTACK™ | WHALESON |

CYCLING STUDIO

| | | |
|-------------------|----------------|------------|
| 9.30AM - 10.20AM | RPM™ | MICH KANG |
| 11.20AM - 12.10PM | RPM™ | ANDRE WONG |
| 1.00PM - 2.00PM | RPM™ CHALLENGE | DEAN |

ONE GEORGE STREET

MAIN STUDIO

| | | |
|-------------------|-------------|--------|
| 11.00AM - 12.00PM | ZUMBA® | SERENE |
| 12.10PM - 1.00PM | POUND® | SERENE |
| 1.10PM - 2.10PM | BODYJAM® | BEN N |
| 2.20PM - 3.20PM | BODYCOMBAT® | WYATT |

ONE RAFFLES QUAY

MAIN STUDIO

| | | |
|-------------------|-------------|---------|
| 10.30AM - 11.30AM | BODYATTACK® | DANIEL |
| 11.40AM - 12.40PM | BODYPUMP® | KESTER |
| 12.50PM - 1.50PM | BODYCOMBAT® | JEANNIE |
| 2.00PM - 2.30PM | CXWORX™ | JEANNIE |

MIND & BODY STUDIO

| | | |
|-------------------|------------------|-------------|
| 10.30AM - 12.00PM | BODY WORK (YOGA) | YVONNE SEOW |
| 12.50PM - 1.50PM | BODYBALANCE® | KESTER |
| 3.00PM - 3.50PM | CORE FLOW | CHRISTINE |
| 3.50PM - 4.40PM | DYNAMIC FLOW™ | CHRISTINE |

CYCLING STUDIO

| | | |
|-------------------|------|---------|
| 10.40AM - 12.30PM | RPM™ | JEANNIE |
|-------------------|------|---------|

SINGPOST CENTRE (PAYA LEBAR)

MAIN STUDIO

| | | |
|-------------------|-------------|---------|
| 11.30AM - 12.30PM | BODYPUMP® | MINGFEI |
| 12.40PM - 1.40PM | BODYCOMBAT® | MINGFEI |
| 1.50PM - 2.40PM | SH'BAM® | DOEY |
| 2.50PM - 3.50PM | BODYATTACK® | DOEY |

TAMPINES

MAIN STUDIO

| | | |
|-------------------|------------------------|-----------|
| 10.00AM - 11.00AM | BODYPUMP® | AARON HEI |
| 11.10AM - 12.10PM | SH'BAM® 60 MIN SPECIAL | EUGENE |
| 12.20PM - 1.20PM | BEST OF BODYVIVE™ | KENNY |
| 1.30PM - 2.30PM | BEST OF BODYATTACK® | KENNY |

MIND & BODY STUDIO

| | | |
|-------------------|---------------|-----------|
| 11.10AM - 12.10PM | POWER YOGA | AARON HEI |
| 12.20PM - 1.20PM | DYNAMIC FLOW™ | LESTER |
| 1.30PM - 2.30PM | GENTLE FLOW™ | LESTER |

CYCLING STUDIO

| | | |
|-------------------|------|-------|
| 11.10AM - 12.00PM | RPM™ | CHING |
|-------------------|------|-------|

THE CATHAY

MAIN STUDIO

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|-------------------|--------------|--------------|
| 11.00AM - 12.00PM | BODYCOMBAT® | ALBERT |
| 12.15PM - 1.15PM | BODYPUMP® | RYAN HARYADI |
| 1.30PM - 2.30PM | BODYBALANCE® | VINZ |

WESTGATE

MAIN STUDIO

| | | |
|-------------------|--------------|--------|
| 11.00AM - 12.00PM | SH'BAM® | GEORGE |
| 12.10PM - 1.10PM | BODYJAM® | GEORGE |
| 1.20PM - 2.20PM | GENTLE FLOW™ | GEORGE |
| 2.30PM - 3.30PM | BODYPUMP® | CHOKY |
| 3.40PM - 4.40PM | BODYBALANCE® | CHOKY |