

100AM

MAIN STUDIO

9.30AM - 10.30AM	BODYPUMP	CHRISTOPHER SIM
10.45AM - 11.45AM	BODYCOMBAT	JO TAN
12.00PM - 1.00PM	ZUMBA	CHARLOTTE
1.15PM - 2.15PM	BODYPUMP	MIU
2.30PM - 3.30PM	BODYCOMBAT	MIU

MIND & BODY STUDIO

10.45AM - 11.45AM	YOGA CORE	JOEY KOH
12.00PM - 1.00PM	VINYASA YOGA	JO TAN
1.15PM - 2.15PM	GENTLE FLOW YOGA	CAROLINE

321 CLEMENTI

MAIN STUDIO

9.00AM - 10.00AM	DYNAMIC FLOW YOGA	SOO CHEE
10.15AM - 11.15AM	BODYPUMP	LEONARD ONG
11.30PM - 12.30PM	BODYSTEP	KELVIN CHAI
12.45PM - 1.45PM	YOGA CORE	JOEY KOH
2.00PM - 3.00PM	BODYJAM	LUCAS
3.15PM - 4.15PM	BODYCOMBAT	ALBERT

AMK HUB

MAIN STUDIO

9.00AM - 10.00AM	BODYATTACK	HEATHER
10.15AM - 11.15AM	BODYPUMP	LINDA & YU YONG
11.30AM - 12.30PM	BODYCOMBAT	ALBERT
12.45PM - 1.45PM	BODYPUMP	ALBERT
2.00PM - 3.00PM	ZUMBA	AMY
3.15PM - 4.15PM	BODYJAM	AMY

MIND & BODY STUDIO

9.00AM - 10.00AM	PILATES	SERENA
10.15AM - 11.15AM	POWER YOGA	SERENA
11.30AM - 12.30PM	GENTLE FLOW YOGA	LINDA
12.45PM - 1.45PM	DYNAMIC FLOW YOGA	CINDY
2.00PM - 3.00PM	YIN YOGA	CINDY

CYCLING STUDIO

2:00PM - 2:45PM	RPM	ALAN TAN
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BUGIS JUNCTION

MAIN STUDIO

10.00AM - 11.00AM	BODYCOMBAT	JASPER
11.15AM - 12.00PM	SH'BAM	EUGENE
12.15PM - 1.15PM	BODYJAM	ANITA
1.30PM - 2.30PM	BODYPUMP	MINGFEI
2.45PM - 3.45PM	BODYCOMBAT	MINGFEI

ONE GEORGE STREET

MAIN STUDIO

10.45AM - 11.45AM	BODYCOMBAT	RACHEL SOH
12.00PM - 1.00PM	BODYPUMP	LIVIA
1.15PM - 2.15PM	BODYJAM	ANGELINA
2.30PM - 3.30PM	DANCE MOVES	KENNETH

FUSIONOPOLIS

MAIN STUDIO

8.45AM - 9.45AM	BODYPUMP	JAY
10.00AM - 11.00AM	CIRCUIT	JAY
11.15AM - 12.15PM	BODYSTEP	GLENN
12.30PM - 1.15PM	BODYPUMP	PRIYA
1.30PM - 2.30PM	BODYCOMBAT	PRIYA
2.45PM - 3.45PM	BODYJAM	ANITA

MIND & BODY STUDIO

9.00AM - 10.00AM	HOT FLOW YOGA	IAN FUNG
10.15AM - 11.15AM	VINYASA YOGA	IAN FUNG
11.30AM - 12.30PM	YIN YOGA	IAN FUNG

CYCLING STUDIO

9.30AM - 10.30AM	RPM	GLENN
11.00AM - 12.00PM	RPM	BENJI

JUNCTION 10

MAIN STUDIO

9.00AM - 10.00AM	VINYASA YOGA	JESSIE YAP
10.15AM - 11.15AM	BODYPUMP	KAREL
11.30AM - 12.30PM	BODYCOMBAT	KAREL
12.45PM - 1.45PM	ZUMBA	MUS
2.00PM - 2.45PM	LES MILLS TONE	JANICE
3.00PM - 4.00PM	BODYCOMBAT	JANICE

CYCLING STUDIO

10.00AM - 11.00AM	RPM 60	JOE ANITHA
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MARKET STREET

MAIN STUDIO

10.45AM - 11.45AM	BODYATTACK	RON
12.00PM - 1.00PM	BODYCOMBAT	JANICE
1.15PM - 2.15PM	BODYPUMP	GLENN
2.30PM - 3.00PM	LES MILLS GRIT STRENGTH	GLENN
3.10PM - 3.40PM	LES MILLS CORE	GLENN

MIND & BODY STUDIO

10.45AM - 11.45AM	BODYBALANCE	VIVI KUSUMA
12.00PM - 1.00PM	YIN YOGA	VIVI KUSUMA
1.15PM - 2.15PM	VINYASA YOGA	SANDY

CYCLING STUDIO

11.00AM - 11.45AM	RPM	BERNIE
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FREESTYLE AREA

12.00PM - 12.45PM	HIITX RUSH 45	VINCENT TOO
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ONE RAFFLES QUAY

MAIN STUDIO

10.15AM - 11.15AM	CIRCUIT	FERNIE
11.30AM - 12.30PM	BODYPUMP	YEOH
12.45PM - 1.45PM	BODYCOMBAT	JASPER

MIND & BODY STUDIO

11.00AM - 12.15PM	VINYASA YOGA	SANDY
2.00PM - 2.45PM	SCULPT & STRETCH	CHRISTINE
3.00PM - 4.00PM	GENTLE FLOW YOGA	CHRISTINE

CYCLING STUDIO

11.30AM - 12.15PM	RPM	FERNIE
12.45PM - 1.30PM	RPM	YEOH

PARAGON

MAIN STUDIO

10.00AM - 11.00AM	BODYPUMP	WIN
11.15AM - 12.15PM	BODYJAM	CLARENCE
12.30PM - 1.30PM	SHBAM	PAO PAO
1.45PM - 2.45PM	BODYSTEP	SHAREN

MIND & BODY STUDIO

10.00AM - 11.00AM	BODYATTACK	MERVYN LAU
11.15AM - 12.15PM	POWER YOGA	SAMANTHA
12.30PM - 1.30PM	BODYCOMBAT	RYAN LOW
1.45PM - 2.45PM	CORE FLOW	YVONNE SEOW

CYCLING STUDIO

10.00AM - 10.45AM	RPM	MICH
11.00AM - 12.00PM	RPM CHALLENGE	CAROL THEN / ALAN TAN
12.30PM - 1.15PM	RPM	YVONNE SEOW

SINGPOST CENTRE

MAIN STUDIO

10.00AM - 11.00AM	BODYPUMP	PRIYA
11.15AM - 12.15PM	BODYCOMBAT	CHERYL
12.30PM - 1.30PM	BODYCOMBAT	YI RU
1.45PM - 2.45PM	BODYPUMP	BEN LAI
3.00PM - 3.45PM	LES MILLS TONE	BEN LAI

TAMPINES

MAIN STUDIO

9.00AM - 10.00AM	BODYPUMP	CHRISTINA
10.15AM - 11.15AM	BODYCOMBAT	FANG
11.30AM - 12.15PM	LES MILLS TONE	KESTER
12.30PM - 1.15PM	SH'BAM	JACLYN
1.30PM - 2.30PM	BODYJAM	JACLYN
2.45PM - 3.30PM	CIRCUIT	VON

MIND & BODY STUDIO

9.00AM - 10.00AM	VINYASA YOGA	DAVID
10.15AM - 11.15AM	DYNAMIC FLOW YOGA	KESTER
11.30AM - 12.30PM	YIN YOGA	KAIXIN
12.45PM - 1.45PM	HATHA YOGA	KAIXIN

CYCLING STUDIO

10.15AM - 11.00AM	RPM	CHRISTINA
1.30PM - 2.30PM	RPM 60	VON

FREESTYLE

11.30PM - 12.30PM	NAK MUAY 45	FANG
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WESTGATE

MAIN STUDIO

9.00AM - 10.00AM	BODYATTACK	JASALIN
10.15AM - 11.15AM	BODYBALANCE	JOEY TAY
11.30PM - 12.30PM	BODYCOMBAT	JUNWEI
12.45PM - 1.45PM	GENTLE FLOW YOGA	JUNWEI
2.00PM - 2.45PM	SH'BAM	EUGENE NG
3.15PM - 4.15PM	HATHA YOGA	YUANJING
4.30PM - 5.30PM	BODYPUMP	CHENG YUAN