



ANG MO KIO	
SATURDAY, 8 APRIL	
MAIN STUDIO	
9.00AM - 9.45AM	LES MILLS TONE
10.00AM - 10.45AM	BODYSTEP
12.00PM - 1.00PM	BODYATTACK
1.15PM - 2.15PM	BODYCOMBAT
2.30PM - 3.30PM	BODYPUMP
3.45PM - 4.45PM	BODYCOMBAT
MIND AND BODY STUDIO	
1.15PM - 2.15PM	BODYBALANCE
CYCLING STUDIO	
11.00AM - 11.45AM	RPM
SUNDAY, 9 APRIL	
MAIN STUDIO	
10.45AM - 11.45AM	BODYCOMBAT
12.00PM - 1.00PM	BODYPUMP
1.15PM - 2.15PM	BODYSTEP
2.30PM - 3.30PM	BODYCOMBAT
3.45PM - 4.45PM	BODYJAM
5.00PM - 5.45PM	SH'BAM
MIND AND BODY STUDIO	
2.30PM - 3.30PM	BODYBALANCE
CYCLING STUDIO	
10.45AM - 11.30AM	RPM

100AM	
SATURDAY, 8 APRIL	
MAIN STUDIO	
9.00AM - 10.00AM	BODYPUMP
11.30AM - 12.30PM	BODYCOMBAT
12.45PM - 1.30PM	SH'BAM
3.00PM - 4.00PM	BODYJAM
4.15PM - 5.15PM	BODYCOMBAT
5.30PM - 6.30PM	BODYPUMP
MIND AND BODY STUDIO	
4.15PM - 5.15PM	BODYBALANCE
CYCLING STUDIO	
3.00PM - 3.45PM	RPM
SUNDAY, 9 APRIL	
MAIN STUDIO	
10.00AM - 11.00AM	BODYPUMP
11.15AM - 12.15PM	BODYCOMBAT
12.30PM - 1.30PM	BODYJAM
1.45PM - 2.30PM	SH'BAM
3.00PM - 4.00PM	BODYPUMP
4.15PM - 5.15PM	BODYCOMBAT
MIND AND BODY STUDIO	
3.00PM - 4.00PM	BODYBALANCE
CYCLING STUDIO	
3.00PM - 3.45PM	RPM

WESTGATE	
SATURDAY, 8 APRIL	
MAIN STUDIO	
10.15AM - 11.15AM	BODYBALANCE
11.30AM - 12.30PM	BODYCOMBAT
12.45PM - 1.45PM	BODYPUMP
3.15PM - 4.15PM	BODYCOMBAT
4.30PM - 5.15PM	SH'BAM
5.45PM - 6.45PM	BODYSTEP
CYCLING STUDIO	
10.00AM - 10.50AM	RPM
11.30AM - 12.30PM	RPM 60
SUNDAY, 9 APRIL	
MAIN STUDIO	
10.15AM - 11.15AM	BODYPUMP
11.30AM - 12.15PM	SH'BAM
12.45PM - 1.45PM	BODYCOMBAT
2.00PM - 3.00PM	BODYPUMP
3.15PM - 4.15PM	BODYSTEP
5.45PM - 6.45PM	BODYCOMBAT
CYCLING STUDIO	
11.45AM - 12.45PM	RPM 60

BUGIS	
SATURDAY, 8 APRIL	
MAIN STUDIO	
10.10AM - 11.10AM	BODYPUMP
11.20AM - 11.50M	LES MILLS GRIT STRENGTH
12.00PM - 1.00PM	BODYPUMP
1.10PM - 2.10PM	BODYCOMBAT
2.20PM - 3.10PM	SH'BAM
3.20PM - 4.20PM	BODYPUMP
4.30PM - 5.30PM	BODYJAM
SUNDAY, 9 APRIL	
MAIN STUDIO	
9.00AM - 9.30AM	LES MILLS GRIT STRENGTH
10.50AM - 11.50AM	BODYBALANCE
12.00PM - 1.00PM	BODYPUMP
1.15PM - 2.15PM	BODYCOMBAT
2.30PM - 3.15PM	LES MILLS TONE
3.30PM - 4.30PM	BODYATTACK
4.45PM - 5.45PM	BODYPUMP

PAYA LEBAR	
SATURDAY, 8 APRIL	
MAIN STUDIO	
10.15AM - 11.15AM	BODYPUMP
11.30AM - 12.15PM	LES MILLS CORE 45
12.45PM - 1.45PM	BODYCOMBAT
2.00PM - 2.45PM	LES MILLS TONE
3.00PM - 4.00PM	BODYCOMBAT
4.15PM - 5.15PM	BODYBALANCE
5.30PM - 6.30PM	BODYPUMP
SUNDAY, 9 APRIL	
MAIN STUDIO	
9.00AM - 10.00AM	BODYBALANCE
10.15AM - 11.15AM	BODYCOMBAT
11.30AM - 12.15PM	LES MILLS TONE
12.30PM - 1.30PM	BODYPUMP
1.45PM - 2.45PM	BODYCOMBAT
3.00PM - 4.00PM	BODYJAM

JUNCTION 10	
SATURDAY, 8 APRIL	
MAIN STUDIO	
9.00AM - 10.00AM	BODYPUMP
12.30PM - 1.15PM	LES MILLS TONE
1.30PM - 2.30PM	BODYPUMP
2.40PM - 3.40PM	BODYCOMBAT
5.00PM - 5.45PM	BODYCOMBAT
CYCLING STUDIO	
12.00PM - 1.00PM	RPM 60
2.45PM - 3.30PM	RPM
SUNDAY, 9 APRIL	
MAIN STUDIO	
9.00AM - 9.45AM	BODYBALANCE
10.00AM - 10.45AM	LES MILLS BARRE 45
12.15PM - 1.15PM	BODYCOMBAT
1.30PM - 2.30PM	BODYPUMP
CYCLING STUDIO	
10.00AM - 11.00AM	RPM 60

TAMPINES	
SATURDAY, 8 APRIL	
MAIN STUDIO	
8.30AM - 9.30AM	BODYCOMBAT
12.15PM - 1.15PM	BODYJAM
1.30PM - 2.30PM	BODYPUMP
2.45PM - 3.45PM	BODYCOMBAT
4.00PM - 4.45PM	SH'BAM
CYCLING STUDIO	
11.00AM - 11.45AM	RPM
3.00PM - 3.30PM	LES MILLS SPRINT
3.45PM - 4.15PM	RPM 30
SUNDAY, 9 APRIL	
MAIN STUDIO	
8.30AM - 9.30AM	BODYATTACK
9.45AM - 10.45AM	BODYPUMP
12.15PM - 1.15PM	BODYCOMBAT
1.30PM - 2.30PM	BODYPUMP
2.45PM - 3.45PM	BODYCOMBAT
CYCLING STUDIO	
11.30AM - 12.15PM	RPM
2.30PM - 3.15PM	RPM

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