

📍 FF 100AM | 20 OCTOBER 2025

DEEPAVALI SPECIAL CLASSES

Light up Deepavali with special dance classes that bring the joy of movement and togetherness.

08:45

**MAIN
STUDIO**

60 mins

STEP MOVES
FIONA



10:00

**MIND
& BODY
STUDIO**

60 mins

**GENTLE
FLOW YOGA**
IAN FUNG



10:00

**MAIN
STUDIO**

60 mins

BODYPUMP
RYAN HARYADI



11:15

**MIND
& BODY
STUDIO**

60 mins

VINYASA YOGA
IAN FUNG



11:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JUNWEI



12:30

**MIND
& BODY
STUDIO**

60 mins

YIN YOGA
HENRY



12:30

**MAIN
STUDIO**

75 mins

BODYJAM
ANGELINA



13:45

**MIND
& BODY
STUDIO**

60 mins

**SOUND
FLOW**
HENRY



14:10

**MAIN
STUDIO**

45 mins

**LES MILLS
PILATES**
KESTER



15:10

**MAIN
STUDIO**

45 mins

**LES MILLS STRENGTH
DEVELOPMENT**
KESTER



*Class schedule correct as at time of publication.
For most updated class schedule and booking of
classes please refer to the Fitness First SEA mobile app.



Special Dance Class

📍 FF AMK HUB | 20 OCTOBER 2025

DEEPAVALI SPECIAL CLASSES

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09:00

MAIN
STUDIO

60 mins

**SUSPENSION
TRAINING**

CHRISTOPHER LIM



09:00

MIND
& BODY
STUDIO

60 mins

**LES MILLS
PILATES**

VIVI KUSUMA



10:15

MAIN
STUDIO

60 mins

BODYPUMP

GAGE



10:15

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**

CHRISTOPHER LIM



11:15

CYCLING
STUDIO

45 mins

RPM

VIVIEN



11:30

MIND
& BODY
STUDIO

60 mins

**GENTLE
FLOW YOGA**

CHRISTOPHER LIM



11:30

MAIN
STUDIO

90 mins

ZUMBA

JULIAN & AMILIA



13:15

MAIN
STUDIO

60 mins

BODYCOMBAT

RYAN LOW



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Special Dance Class

📍 FF BUGIS | 20 OCTOBER 2025

DEEPAVALI SPECIAL CLASSES

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10:00

MAIN
STUDIO

60 mins
CIRCUIT
FERNIE



11:15

MAIN
STUDIO

60 mins
BODYPUMP
KESTER



12:30

MAIN
STUDIO

60 mins
BODYBALANCE
KESTER



13:45

MAIN
STUDIO

45 mins
LES MILLS DANCE
JOANNE



14:45

MAIN
STUDIO

60 mins
BODYJAM
JOANNE



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Special Dance Class

DEEPAVALI SPECIAL CLASSES

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09:00

MAIN
STUDIO

90 mins

ZUMBA
MUS

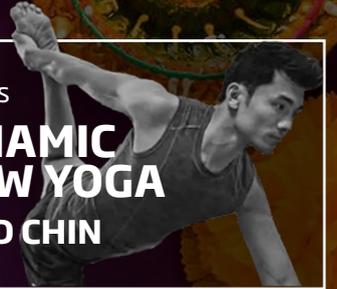


09:15

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
DAVID CHIN



10:30

MIND
& BODY
STUDIO

60 mins

**GENTLE
FLOW YOGA**
DAVID CHIN



10:30

CYCLING
STUDIO

60 mins

RPM
WEE BOON



10:40

MAIN
STUDIO

60 mins

BODYJAM
LUCAS



11:50

MAIN
STUDIO

60 mins

BODYPUMP
ALBERT S



13:00

MAIN
STUDIO

60 mins

BODYCOMBAT
ALBERT S



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Special Dance Class

📍 FF JUNCTION 10 | 20 OCTOBER 2025

DEEPAVALI SPECIAL CLASSES

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09:00

**MAIN
STUDIO**

60 mins

BODYPUMP
JOYCE



10:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JOYCE



11:30

**MAIN
STUDIO**

60 mins

BODYJAM
WILI



11:30

**CYCLING
STUDIO**

60 mins

RPM
RANDY



12:45

**MAIN
STUDIO**

60 mins

BODYBALANCE
ETHAN



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Special Dance Class

📍 FF MARKET STREET | 20 OCTOBER 2025

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08:45

**MAIN
STUDIO**

45 mins

**CIRCUIT
FERNIE**



10:00

**MAIN
STUDIO**

60 mins

**BODYPUMP
ROYSTON**



10:00

**MIND
& BODY
STUDIO**

60 mins

**POWER YOGA
PAUL**



10:00

**CYCLING
STUDIO**

45 mins

**RPM
YEOH**



11:15

**MAIN
STUDIO**

60 mins

**BODYCOMBAT
ROYSTON**



11:15

**MIND
& BODY
STUDIO**

60 mins

**RESTORATIVE
YOGA
PAUL**



14:00

**MAIN
STUDIO**

45 mins

**LES MILLS DANCE
EUGENE**



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Special Dance Class

📍 FF ONE GEORGE STREET | 20 OCTOBER 2025

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10:45

**MAIN
STUDIO**

60 mins

**BASIC STEP
FIONA**



12:00

**MAIN
STUDIO**

60 mins

**STEP MOVES
FIONA**



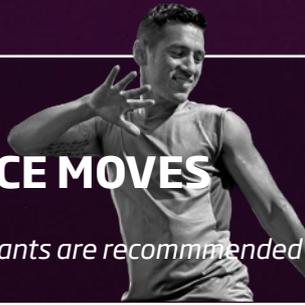
13:15

**MAIN
STUDIO**

90 mins

**DANCE MOVES
VIVI**

**Long pants are recommended*



15:30

**MAIN
STUDIO**

60 mins

**BODYJAM
ANGELINA**



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Special Dance Class

📍 FF PARAGON | 20 OCTOBER 2025

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09:00

MAIN
STUDIO

60 mins

BODYPUMP
NATHANIEL



09:00

MIND
& BODY
STUDIO

60 mins

BODYCOMBAT
PRIYA



10:15

MAIN
STUDIO

45 mins

LES MILLS CORE
PRIYA



10:15

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
SANDY



10:15

CYCLING
STUDIO

45 mins

RPM
KARL



11:30

MAIN
STUDIO

60 mins

ZUMBA
MIYA



13:00

MAIN
STUDIO

75 mins

DANCE MOVES
75 Minutes Dance Special
LOUIS



11:30

MIND
& BODY
STUDIO

75 mins

SOUND FLOW PLUS
75 Minutes Flow Special
SANDY



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Special Dance Class

📍 FF PAYA LEBAR | 20 OCTOBER 2025

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10:00

MAIN
STUDIO

60 mins

BODYCOMBAT
JASPER



11:15

MAIN
STUDIO

60 mins

BODYBALANCE
CS



12:30

MAIN
STUDIO

45 mins

LES MILLS CORE
CJ



13:30

MAIN
STUDIO

60 mins

BODYPUMP
CJ



14:45

MAIN
STUDIO

60 mins

BODYATTACK
MERVYN



16:00

MAIN
STUDIO

60 mins

BODYJAM
ANITA



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Special Dance Class

📍 FF TAMPINES | 20 OCTOBER 2025

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09:00

**MAIN
STUDIO**

60 mins

BODYCOMBAT
MIU



09:00

**MIND
& BODY
STUDIO**

60 mins

SOUND FLOW
SHERLIN



10:15

**MAIN
STUDIO**

60 mins

DANCE MOVES
LOUIS SHEN



10:15

**MIND
& BODY
STUDIO**

60 mins

**SOUND
FLOW PLUS**
SHERLIN



10:15

**CYCLING
STUDIO**

45 mins

RPM
GRACE LEE



11:30

**MIND
& BODY
STUDIO**

60 mins

HATHA YOGA
SHERLIN



11:30

**MAIN
STUDIO**

60 mins

BODYPUMP
GRACE LEE



12:45

**MAIN
STUDIO**

60 mins

BODYCOMBAT
GRACE LEE



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Special Dance Class

📍 FF WESTGATE | 20 OCTOBER 2025

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09:00

MAIN
STUDIO

45 mins

**LES MILLS
PILATES**
BENJI



10:00

MAIN
STUDIO

90 mins

**BODYSTEP 45 X
FUNCTIONAL STRENGTH**
BENJI & BRIAN



10:30

CYCLING
STUDIO

45 mins

RPM
KATHERINE



11:45

MAIN
STUDIO

45 mins

LES MILLS CORE
MIU



12:45

MAIN
STUDIO

90 mins

BODYJAM
BODYJAM 90-min Special
RYAN & CLARENCE



14:30

MAIN
STUDIO

60 mins

BODYCOMBAT
MIU



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Special Dance Class