

📍 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.
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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

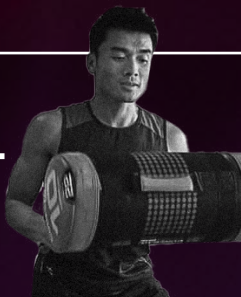
Light up Deepavali with special dance classes that bring the joy of movement and togetherness.

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

📍 FF FUSIONOPOLIS | 20 OCTOBER 2025

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

DEEPAVALI SPECIAL CLASSES

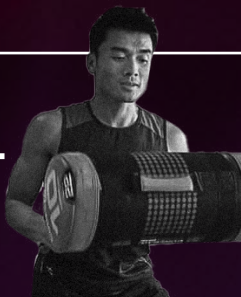
Light up Deepavali with special dance classes that bring the joy of movement and togetherness.

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**

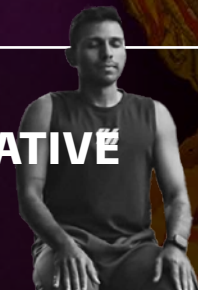


11:15

**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**



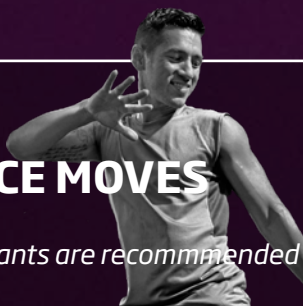
13:15

**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

DEEPAVALI SPECIAL CLASSES

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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

DEEPAVALI SPECIAL CLASSES

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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

DEEPAVALI SPECIAL CLASSES

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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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