

F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF 100AM

3 OCTOBER 2025

**06
30 PM**

LES MILLS STRENGTH DEVELOPMENT

45 minutes

Joel Wong

Main Studio

5 OCTOBER 2025

**10
00 AM**

LES MILLS GRIT

30 minutes

Bryan Wong

Main Studio

**11
15 AM**

BODYPUMP

60 minutes

Gavin

Main Studio

**12
30 PM**

BODYCOMBAT

60 minutes

Gavin

Main Studio

**01
45 PM**

BODYJAM

60 minutes

Taufiq & Naila

Main Studio

**03
00 PM**

LES MILLS DANCE

45 minutes

George & Rui Ting

Main Studio

**04
15 PM**

BODYBALANCE

60 minutes

CS

Mind & Body Studio

*Class schedule correct as at time of publication.

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF AMK HUB

3 OCTOBER 2025

09 15 AM	LES MILLS SHAPES	45 minutes	Bhas	Main Studio
06 30 PM	LES MILLS SHAPES	45 minutes	Kelvin Chai	Main Studio

5 OCTOBER 2025

10 00 AM	BODYCOMBAT	60 minutes	Ryan Low & Nicky	Main Studio
11 15 AM	BODYPUMP	60 minutes	Kee & Bhas	Main Studio
11 15 AM	RPM	45 minutes	Alan Tan	Cycling Studio
12 30 PM	LES MILLS CORE	60 minutes	Bhas & Shu Yi	Main Studio
12 30 PM	BODYBALANCE	60 minutes	Kee & Haley	Mind & Body Studio
01 45 PM	BODYATTACK	60 minutes	Jasalin & Keefe	Main Studio
03 00 PM	LES MILLS DANCE	45 minutes	Ryan Ong & Clarence	Main Studio
04 15 PM	BODYJAM	60 minutes	Lee Tong & Ryan Ong	Main Studio

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF BUGIS

5 OCTOBER 2025

**10
00 AM**

BODYCOMBAT

60 minutes

Karel

Main Studio

**11
15 AM**

BODYPUMP

60 minutes

Karel

Main Studio

**12
30 PM**

BODYBALANCE

60 minutes

CS

Main Studio

**01
45 PM**

LES MILLS CORE

45 minutes

Louis Quah

Main Studio

**03
00 PM**

BODYJAM

60 minutes

Lucas

Main Studio

**04
15 PM**

LES MILLS DANCE

45 minutes

Eugene

Main Studio

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF FUSIONOPOLIS

3 OCTOBER 2025

**06
30 PM**

LES MILLS PILATES

45 minutes

Priya

Mind & Body Studio

**07
50 PM**

LES MILLS SHAPE

45 minutes

Priya

Main Studio

4 OCTOBER 2025

**09
40 AM**

BODYATTACK

TURBOBOOST ATTACK

60 minutes

Grace Yew

Main Studio

**09
45 AM**

RPM

TURBORIDE CHALLENGE

60 minutes

Yinshi

Cycling Studio

**11
00 AM**

RPM

FORMULA FITNESS CHALLENGE

60 minutes

Chongwei

Cycling Studio

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF JUNCTION 10

4 OCTOBER 2025

**12
15 PM**

RPM

90 MIN SPECIAL

90 minutes

Randy

Cycling Studio

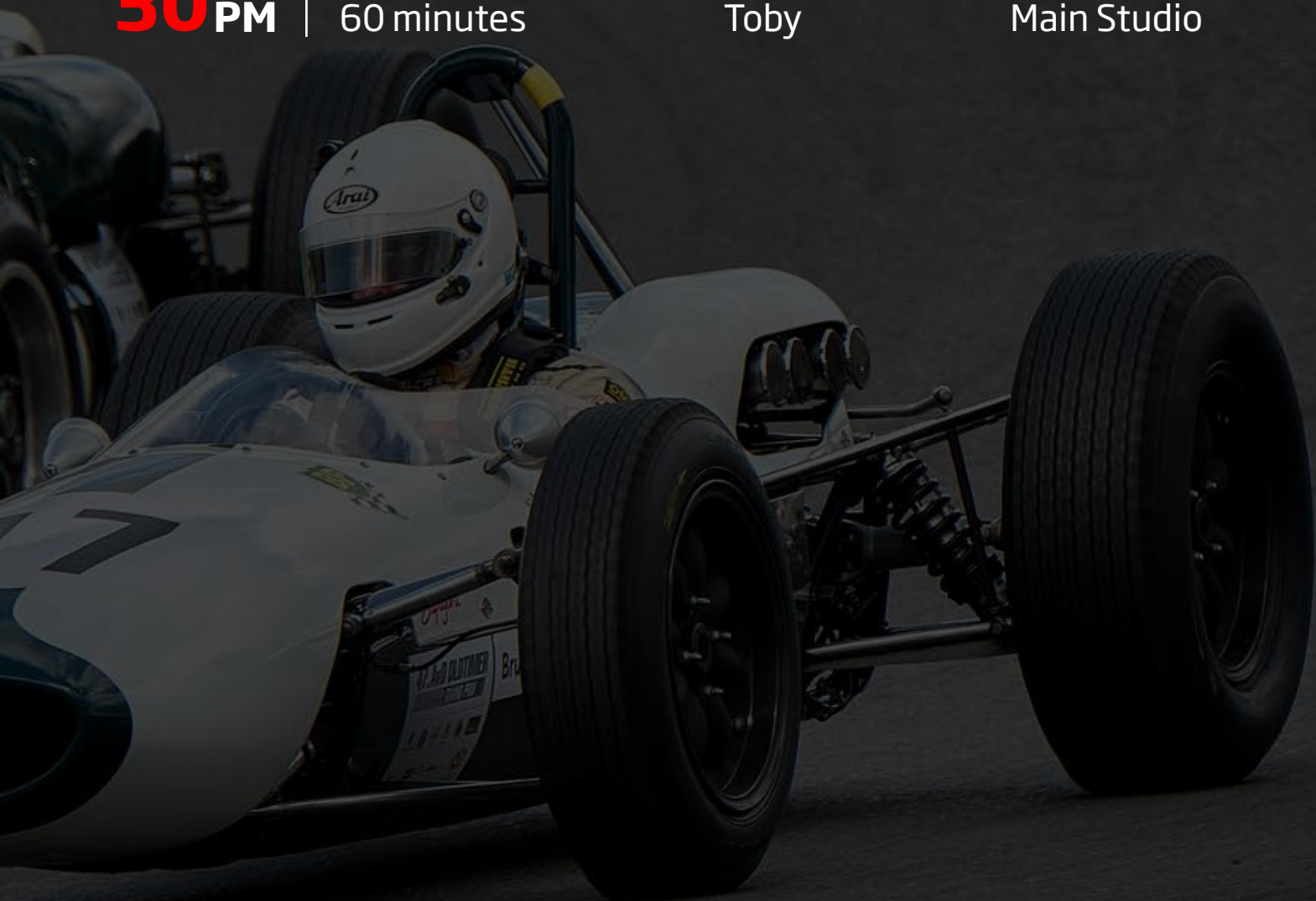
**12
30 PM**

BODYATTACK

60 minutes

Toby

Main Studio



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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF MARKET STREET

3 OCTOBER 2025

**06
30**

PM

LES MILLS PILATES

60 minutes

Regina

Mind & Body Studio

**07
40**

PM

LES MILLS STRENGTH DEVELOPMENT

60 minutes

Shumin

Main Studio

4 OCTOBER 2025

**09
35**

AM

BODYATTACK

FAST AND AGILE

60 minutes

Ron

Main Studio

**10
45**

AM

RPM

FAST AND FURIOUS

45 minutes

Benji

Cycling Studio

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF ONE GEORGE STREET

5 OCTOBER 2025

**10
00** AM

BODYBALANCE

NEW RELEASE

60 minutes

Regina

Main Studio

**11
15** AM

BODYCOMBAT

NEW RELEASE

60 minutes

Kenny & Royston

Main Studio

**12
30** PM

BODYJAM

NEW RELEASE

60 minutes

Lucas

Main Studio

**01
45** PM

LES MILLS DANCE

NEW RELEASE

60 minutes

Eugene

Main Studio

**03
00** PM

BODYCOMBAT

NEW RELEASE

60 minutes

Grace

Main Studio

**04
15** PM

BODYPUMP

NEW RELEASE

60 minutes

Grace

Main Studio

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF ONE RAFFLES QUAY

3 OCTOBER 2025

**06
35** PM

LES MILLS STRENGTH DEVELOPMENT

45 minutes

Yeoh

Main Studio

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF PARAGON

3 OCTOBER 2025

**06
30**

PM

LES MILLS PILATES

45 minutes

Nicky

Mind & Body Studio

**07
30**

PM

LES MILLS STRENGTH DEVELOPMENT

45 minutes

Vivi Woon

Main Studio

4 OCTOBER 2025

**05
45**

PM

BODYATTACK

PARTY ATTACK

60 minutes

Bhas

Mind & Body Studio

**06
00**

PM

RPM

RIDE WITH SPEED

45 minutes

Alan Tan

Cycling Studio

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F1 SPECIAL CLASSES

FEATURING **LESMILLS** NEW RELEASES



FF PAYA LEBAR

3 OCTOBER 2025

**06
30**

PM

LES MILLS PILATES

60 minutes

Edwin Ko

Main Studio

5 OCTOBER 2025

**10
00**

AM

BODYBALANCE

60 minutes

Priya

Main Studio

**11
15**

AM

BODYCOMBAT

60 minutes

Priya

Main Studio

**12
30**

PM

BODYPUMP

60 minutes

Priscilla

Main Studio

**01
45**

PM

BODYATTACK

60 minutes

Doey

Main Studio

**03
00**

PM

LESMILLS TONE

60 minutes

Benjamin Lai

Main Studio

**04
15**

PM

LESMILLS GRIT

30 minutes

Bryan

Main Studio

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF TAMPINES

3 OCTOBER 2025

**06
45 PM**

LES MILLS SHAPES

45 minutes

Bhas

Main Studio

4 OCTOBER 2025

**11
00 AM**

RPM

PIT STOP - DRIVE BY

60 minutes

Carol Then

Cycling Studio

**02
45 PM**

RPM

PUSH THE TEMPO

45 minutes

Vivien

Cycling Studio

**02
45 PM**

BODYATTACK

RACE TO ATTACK

60 minutes

Bhas

Main Studio

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F1 SPECIAL CLASSES

FEATURING **LES MILLS** NEW RELEASES



FF WESTGATE

3 OCTOBER 2025

**06
15**

PM

LES MILLS PILATES

45 minutes

Agnes

Main Studio

**07
30**

PM

FUNCTIONAL STRENGTH

45 minutes

Brian

Main Studio

5 OCTOBER 2025

**10
00**

AM

BODYBALANCE

60 minutes

Benji

Main Studio

**11
15**

AM

BODYCOMBAT

60 minutes

Louis Quah

Main Studio

**12
30**

PM

BODYJAM

60 minutes

Angelina & Desmond

Main Studio

**01
45**

PM

LES MILLS CORE

45 minutes

CJ

Main Studio

**03
00**

PM

BODYSTEP

60 minutes

Brian Teo & Alwin

Main Studio

**04
15**

PM

BODYPUMP

60 minutes

Gerald Ng

Main Studio

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