

11 OCTOBER 2025 | FF 100AM



WORLD MENTAL HEALTH DAY SPECIAL CLASSES

Themed Focused: Hips

**08
45**

AM

GENTLE FLOW YOGA

60 minutes

Sherlin

Mind & Body Studio

**12
30**

PM

HOT FLOW YOGA

60 minutes

Ian Fung

Mind & Body Studio

**13
45**

PM

CORE FLOW YOGA

60 minutes

Ian Fung

Mind & Body Studio

Sound Flow Launch

**03
10**

PM

SOUND FLOW

60 minutes

Henry

Mind & Body Studio

**04
25**

PM

SOUND FLOW PLUS

60 minutes

Henry

Mind & Body Studio

*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.

11 OCTOBER 2025 | FF AMK HUB



WORLD MENTAL HEALTH DAY SPECIAL CLASSES

Pose Focused: Birds of Paradise

**10
45** AM

GENTLE FLOW YOGA

Foundation of Bird of Paradise

60 minutes Yvonne Seow Mind & Body Studio

**02
30** PM

DYNAMIC FLOW YOGA

Peak Pose - Bird of Paradise

60 minutes Jo Lim Mind & Body Studio

**03
45** PM

ADVANCED FLOW YOGA

Bird of Paradise Flow

60 minutes Jo Lim Mind & Body Studio

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11 OCTOBER 2025 | FF FUSIONOPOLIS



WORLD MENTAL HEALTH DAY SPECIAL CLASSES

Pose Focused: Side Crow

**08
20** AM

GENTLE FLOW YOGA

Foundation of Side Crow

60 minutes

Dawn

Mind & Body Studio

**12
20** PM

DYNAMIC FLOW YOGA

Peak Pose - Side Crow

60 minutes

Regina

Mind & Body Studio

**01
30** PM

ADVANCED FLOW YOGA

Side Crow Flow

60 minutes

Yuan Jing

Mind & Body Studio

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11 OCTOBER 2025 | FF MARKET STREET



WORLD MENTAL HEALTH DAY SPECIAL CLASSES

Themed Focused: Hamstrings

**09
40 AM**

HOT FLOW YOGA

60 minutes

Lester

Mind & Body Studio

**10
45 AM**

CORE FLOW YOGA

60 minutes

Ian Fung

Mind & Body Studio

**01
00 PM**

GENTLE FLOW YOGA

60 minutes

Kai Xin

Mind & Body Studio

Sound Flow Launch

**02
30 PM**

SOUND FLOW PLUS

60 minutes

Dawn Tan

Mind & Body Studio

**03
45 PM**

SOUND FLOW

60 minutes

Dawn Tan

Mind & Body Studio

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11 OCTOBER 2025 | FF ONE RAFFLES QUAY



WORLD MENTAL HEALTH DAY SPECIAL CLASSES

Pose Focused: Wheel

10
15 AM

GENTLE FLOW YOGA

Foundation of Wheel Pose

60 minutes

Serena Tan

Mind & Body Studio

11
30 AM

DYNAMIC FLOW YOGA

Peak Pose - Wheel

60 minutes

Serena Tan

Mind & Body Studio

12
45 PM

ADVANCED FLOW YOGA

Wheel Pose Flow

60 minutes

Sandy

Mind & Body Studio

Sound Flow Launch

02
00 PM

SOUND FLOW

45 minutes

Sandy

Mind & Body Studio

03
00 PM

SOUND FLOW PLUS

60 minutes

Sandy

Mind & Body Studio

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11 OCTOBER 2025 | FF PARAGON



WORLD MENTAL HEALTH DAY SPECIAL CLASSES

Themed Focused: Twists

**09
00 AM**

GENTLE FLOW YOGA

60 minutes

Christine

Mind & Body Studio

**10
15 AM**

CORE FLOW YOGA

60 minutes

Christine

Mind & Body Studio

**03
15 PM**

HOT FLOW YOGA

60 minutes

Serena

Mind & Body Studio

Sound Flow Launch

**11
30 AM**

SOUND FLOW

60 minutes

Henry

Mind & Body Studio

**12
45 PM**

SOUND FLOW PLUS

60 minutes

Henry

Mind & Body Studio

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11 OCTOBER 2025 | FF TAMPINES



WORLD MENTAL HEALTH DAY SPECIAL CLASSES

Themed Focused: Backbend

**08
30 AM**

CORE FLOW YOGA

60 minutes

Ashley Leong

Mind & Body Studio

**09
45 AM**

HOT FLOW YOGA

60 minutes

Ashley Leong

Mind & Body Studio

**11
00 AM**

GENTLE FLOW YOGA

60 minutes

George Ishimura

Mind & Body Studio

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