

10 OCT 2026 LES MILLS LAUNCH



09.00AM - 10.00AM

BODYCOMBAT

by JUNWEI & MIU

09.15AM - 10.00AM

LM PILATES

by VIVI K.

10.15AM - 11.15AM

BODYBALANCE

by VIVI K.

10.25AM - 11.10AM

RPM

by ADELINE

11.30AM - 12.30PM

BODYPUMP

by RYAN H.

11.35AM - 12.20PM

RPM

by YEOH



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

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LES MILLS LAUNCH



01.15PM - 02.15PM

BODYPUMP HEAVY

by JIMMY TAN

02.30PM - 03.30PM

BODYCOMBAT

by JIMMY TAN

03.45PM - 04.45PM

BODYATTACK

by HEATHER



NEXT CLUB:
FF PARAGON

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LES MILLS LAUNCH

FF
PARAGON

12.45PM - 13.45 PM

BODYPUMP

by SU MAY & GERALD

2.00PM - 2.45PM

RPM

by ALAN TAN

2.00PM - 3.00PM

BODYPUMP HEAVY

by REGINA

2.00PM - 3.00PM

BODYBALANCE

by JASPER

3.15PM - 4.00PM

LM PILATES

by REGINA

3.15PM - 4.15PM

BODYSTEP

by EDWIN

4.30PM - 5.15PM

LM CEREMONY HYROX

by EDWIN

4.30PM - 5.30PM

BODYCOMBAT

by ALBERT & PRISCILLA

5.30PM - 6.15PM

LM DANCE

by PAO

6.30PM - 7.30PM

BODYJAM

by BEN & VIVI



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