

📍 FF 100AM | 3 APRIL 2026

# GOOD FRIDAY SPECIAL CLASSES

Up for a challenge? Turn things up a notch with our **Extreme** special classes, designed to push you a little further with an energising, high-intensity playlist.

**09:45**  
MIND & BODY STUDIO

60 mins  
**PILATES**  
KAI XIN



**10:00**  
MAIN STUDIO

45 mins  
**CIRCUIT**  
JAY



**11:00**  
MIND & BODY STUDIO

60 mins  
**YIN YOGA**  
KAI XIN



**11:00**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
JUNWEI



**12:15**  
MIND & BODY STUDIO

45 mins  
**SOUND FLOW YOGA**  
DAWN



**12:15**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
GERALD NG




**13:30**  
MAIN STUDIO

60 mins  
**BODYJAM**  
ANGELINA



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 Extreme Special Class

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**09:00**  
MIND & BODY STUDIO

60 mins  
**ADVANCED FLOW YOGA**  
JO LIM



**09:00**  
MAIN STUDIO

60 mins  
**BODYSTEP**  
EDISON



**10:15**  
MIND & BODY STUDIO

60 mins  
**YOGA STRETCH**  
JO LIM



**10:15**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
CK



**10:15**  
CYCLING STUDIO

45 mins  
**RPM**  
ANDY



**11:30**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
ZHENGJIE



**11:30**  
MIND & BODY STUDIO

60 mins  
**VINYASA YOGA**  
YUANJING



**12:45**  
MAIN STUDIO

90 mins  
**ZUMBA**  
MUS



**12:45**  
MIND & BODY STUDIO

60 mins  
**HATHA YOGA**  
YUANJING



**14:30**  
MAIN STUDIO

45 mins  
**LES MILLS DANCE**  
PAO PAO



**15:30**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
YIRU



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 | Extreme Special Class

📍 FF BUGIS | 3 APRIL 2026

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**10:00**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
PRIYA



**11:15**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
PRIYA



**12:30**  
MAIN STUDIO

45 mins  
**LES MILLS CORE**  
MERVYN




**13:30**  
MAIN STUDIO

60 mins  
**BODYJAM**  
AMY




**14:45**  
MAIN STUDIO

60 mins  
**BODYBALANCE**  
AMY



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 | Extreme Special Class

📍 FF FUSIONOPOLIS | 3 APRIL 2026

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**09:00**  
MAIN STUDIO

30 mins  
**GRIT STRENGTH**  
BRYAN WONG



**09:00**  
MIND & BODY STUDIO

60 mins  
**HOT FLOW YOGA**  
YIT YAN



**09:45**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
PRISCILLA




**10:00**  
CYCLING STUDIO

45 mins  
**RPM**  
WEE BOON



**10:15**  
MIND & BODY STUDIO

60 mins  
**DYNAMIC FLOW YOGA**  
YIT YAN



**11:00**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
PRISCILLA




**12:15**  
MAIN STUDIO

60 mins  
**BODYJAM**  
JACLYN



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 Extreme Special Class

📍 FF JUNCTION 10 | 3 APRIL 2026

# GOOD FRIDAY SPECIAL CLASSES

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**09:15**  
MAIN STUDIO  
60 mins  
**BODYPUMP**  
CHRISTOPHER SIM



**10:30**  
MAIN STUDIO  
60 mins  
**BODYCOMBAT**  
RYAN LOW



**11:45**  
MAIN STUDIO  
60 mins  
**CORE  
CONDITIONING**  
JULIAN



**12:00**  
CYCLING STUDIO  
45 mins  
**RPM**  
DANIEL



**13:00**  
MAIN STUDIO  
60 mins  
**DYNAMIC  
FLOW YOGA**  
CAROLINE



**14:15**  
MAIN STUDIO  
60 mins  
**GENTLE  
FLOW YOGA**  
CAROLINE

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classes please refer to the Fitness First SEA mobile app.

 | Extreme Special Class

📍 FF ONE GEORGE STREET | 3 APRIL 2026

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**09:15**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
JASPER



**10:30**  
MAIN STUDIO

60 mins  
**CORE  
CONDITIONING**  
CHRIS LIM




**11:40**  
MAIN STUDIO

90 mins  
**HATHA YOGA**  
CHRIS LIM



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 | Extreme Special Class

📍 FF ONE RAFFLES QUAY | 3 APRIL 2026

# GOOD FRIDAY SPECIAL CLASSES

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**09:00**  
MAIN STUDIO

45 mins  
**CIRCUIT**  
FERNIE



**09:30**  
CYCLING STUDIO

45 mins  
**RPM**  
YINSHI




**09:50**  
MAIN STUDIO

45 mins  
**CIRCUIT**  
FERNIE



**10:30**  
MIND & BODY STUDIO

60 mins  
**GENTLE FLOW YOGA**  
DAVID CHIN



**11:00**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
BHAS




**11:15**  
CYCLING STUDIO

45 mins  
**RPM**  
ADELINE TAY



**11:40**  
MIND & BODY STUDIO

60 mins  
**DYNAMIC FLOW YOGA**  
DAVID CHIN



**12:10**  
MAIN STUDIO

60 mins  
**BODYATTACK**  
BHAS




**13:20**  
MAIN STUDIO

45 mins  
**LES MILLS CORE**  
BHAS



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 Extreme Special Class

📍 FF PARAGON | 3 APRIL 2026

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**09:00**  
MAIN STUDIO

60 mins  
**CIRCUIT**  
RENU



**10:15**  
CYCLING STUDIO

45 mins  
**RPM**  
YEOH



**10:15**  
MAIN STUDIO

60 mins  
**STEP MOVES**  
FIONA



**10:15**  
MIND & BODY STUDIO

60 mins  
**PILATES**  
RENU



**11:30**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
MINGFEI



**11:30**  
MIND & BODY STUDIO

60 mins  
**BODYBALANCE**  
YEOH



**12:45**  
MAIN STUDIO

60 mins  
**KPOPX DANCE**  
ANGELYN




**12:45**  
MIND & BODY STUDIO

60 mins  
**BODYCOMBAT**  
MINGFEI



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 | Extreme Special Class

📍 FF PAYA LEBAR | 3 APRIL 2026

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**09:45**  
MAIN STUDIO

45 mins  
**LM STRENGTH DEVELOPMENT**  
EDWIN KO



**10:45**  
MAIN STUDIO

60 mins  
**CORE CONDITIONING**  
EDWIN KO



**12:00**  
MAIN STUDIO

60 mins  
**BODYPUMP**  
BENEDICT



**13:15**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
PRIYA

📍 FF TAMPINES | 3 APRIL 2026

# GOOD FRIDAY SPECIAL CLASSES

Up for a challenge? Turn things up a notch with our **Extreme** special classes, designed to push you a little further with an energising, high-intensity playlist.

**09:00**  
MAIN STUDIO

45 mins  
**LES MILLS TONE**  
MERVYN



**09:00**  
MIND & BODY STUDIO

60 mins  
**GENTLE FLOW YOGA**  
AARON



**10:15**  
MAIN STUDIO

60 mins  
**BODYCOMBAT**  
YI RU



**10:15**  
MIND & BODY STUDIO

60 mins  
**DYNAMIC FLOW YOGA**  
AARON




**10:15**  
MAIN STUDIO

90 mins  
**RPM**  
KARLMAL



**11:30**  
MIND & BODY STUDIO

60 mins  
**BODYBALANCE**  
YI RU



**11:30**  
MAIN STUDIO

60 mins  
**LM STRENGTH DEVELOPMENT**  
AARON



**12:45**  
MAIN STUDIO

45 mins  
**LES MILLS DANCE**  
GEORGE




**13:45**  
MAIN STUDIO

60 mins  
**BODYJAM**  
GEORGE



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📍 FF WESTGATE | 3 APRIL 2026

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**09:00**  
MAIN STUDIO  
60 mins  
**BODYPUMP**  
GLENN




**10:15**  
MAIN STUDIO  
60 mins  
**BODYSTEP**  
JASWIN



**10:30**  
CYCLING STUDIO  
45 mins  
**RPM**  
GLENN



**11:30**  
MAIN STUDIO  
45 mins  
**LES MILLS CORE**  
GLENN




**12:30**  
MAIN STUDIO  
60 mins  
**BODYCOMBAT**  
ALBERT



**13:45**  
MAIN STUDIO  
45 mins  
**LES MILLS PILATES**  
VIVI K

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