



HALLOWEEN SPECIAL CLASSES

FITNESS FIRST PARAGON



20 OCT 2026

**06
15 PM**

BODYPUMP
ANCIENT WARRIORS

60 minutes Main Studio



20 OCT 2026

**06
15 PM**

BODYBALANCE
MYSTIC BALANCE

45 minutes Studio Two



20 OCT 2026

**06
30 PM**

RPM
RIDE TO NETHERWORLD

60 minutes Cycling Studio



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.



HALLOWEEN SPECIAL CLASSES

FITNESS FIRST PARAGON



20 OCT 2026

**07
15 PM**

**BODYCOMBAT
DEMON HUNTERS**

60 minutes Studio Two



20 OCT 2026

**07
30 PM**

**LM DANCE+BODYJAM
SPIRITS DANCE PARADE**

120 minutes Main Studio



20 OCT 2026

**08
30 PM**

**SOUND FLOW
SPIRIT AWAKENING**

60 minutes Studio Two



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HALLOWEEN

SPECIAL CLASSES

FITNESS FIRST 100AM



20 OCT 2026

**12
15 PM**

HYROX ENGINE

Freestyle Area

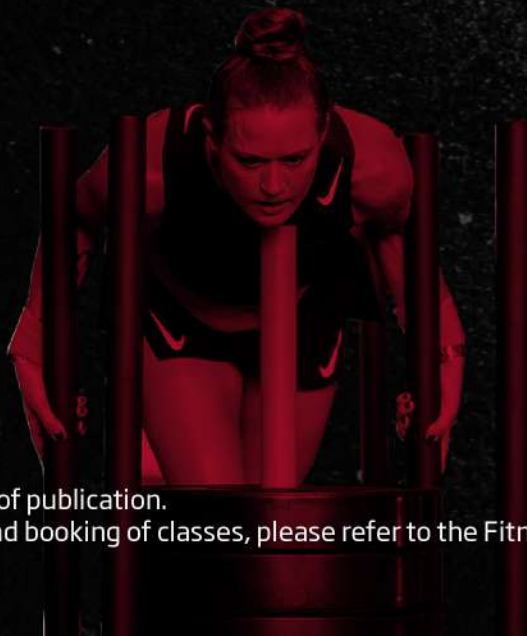


21 OCT 2026

**06
30 PM**

HYROX COMPLETE

Freestyle Area



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HALLOWEEN SPECIAL CLASSES

FITNESS FIRST CAPITAL TOWER



23 OCT 2026

12
00 PM

HIITX RUSH

Playground



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