

📍 FF 100AM | 1 JUNE 2026

VESAK DAY SPECIAL CLASSES

Find stillness within our special **Calm** classes to slow down, release tension and reconnect with yourself through Gentle Flow and Sound Flow.

10:00 MAIN STUDIO	60 mins BODYPUMP MINGFEI		10:00 MIND & BODY STUDIO	60 mins HATHA YOGA YUAN JING	
11:15 MAIN STUDIO	60 mins BODYCOMBAT NICHOLAS MAK		11:15 MIND & BODY STUDIO	60 mins VINYASA YOGA YUAN JING	
12:30 MAIN STUDIO	60 mins BODYJAM VIVI KUSUMA		 12:30 MIND & BODY STUDIO	60 mins SOUND FLOW HENRY	
13:45 MAIN STUDIO	45 mins LM STRENGTH DEVELOPMENT AARON H.		13:45 MIND & BODY STUDIO	45 mins LES MILLS PILATES VIVI KUSUMA	
14:45 MAIN STUDIO	60 mins BODYATTACK MERVYN LAU		14:45 MIND & BODY STUDIO	60 mins YIN YOGA VIVI KUSUMA	

*Class schedule correct as at time of publication.
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Calm Special Class

📍 FF ANG MO KIO | 1 JUNE 2026

VESAK DAY SPECIAL CLASSES

Find stillness within our special **Calm** classes to slow down, release tension and reconnect with yourself through Gentle Flow and Sound Flow.

<p>09:00 MAIN STUDIO</p>	<p>60 mins BODYPUMP JIMMY TAN</p> 	<p> 09:00 MIND & BODY STUDIO</p>	<p>60 mins SOUND FLOW PLUS DESMOND ONG</p> 
<p>10:15 MAIN STUDIO</p>	<p>60 mins BODYCOMBAT JIMMY TAN</p> 	<p>10:15 MIND & BODY STUDIO</p>	<p>60 mins DYNAMIC FLOW YOGA DESMOND ONG</p> 
<p>10:15 CYCLING STUDIO</p>	<p>45 mins RPM JIA YEAN</p> 	<p>11:30 MIND & BODY STUDIO</p>	<p>60 mins RESTORATIVE YOGA IAN FUNG</p> 
<p>11:30 MAIN STUDIO</p>	<p>60 mins BODYATTACK BRYAN TAN</p> 	<p>12:45 MIND & BODY STUDIO</p>	<p>60 mins ADVANCED FLOW YOGA IAN FUNG</p> 
<p>12:45 MAIN STUDIO</p>	<p>60 mins ZUMBA MIYA</p> 	<p>14:00 MAIN STUDIO</p>	<p>45 mins LES MILLS DANCE NAILA</p> 
<p>15:00 MAIN STUDIO</p>	<p>60 mins BODYJAM NAILA</p> 	<p>16:15 MAIN STUDIO</p>	<p>60 mins BODYCOMBAT ZAC</p> 

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Calm Special Class

📍 FF BUGIS | 1 JUNE 2026

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10:00
MAIN STUDIO

45 mins
CIRCUIT
JAY



11:00
MAIN STUDIO

60 mins
BODYPUMP
BEN LAI




12:15
MAIN STUDIO

60 mins
**GENTLE
FLOW YOGA**
Hip Opener Special
KESTER



13:30
MAIN STUDIO

60 mins
BODYCOMBAT
PRIYA



14:45
MAIN STUDIO

60 mins
LES MILLS CORE
PRIYA



REFORMER PILATES

Small, focused classes to sculpt, tone, and realign - from as low as \$25/class

09:30 60 mins	By JASMINE	11:00 60 mins	By DAVID CHEW
13:30 60 mins	By JOANNA	15:00 60 mins	By EDWIN



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Calm Special Class

📍 FF FUSIONOPOLIS | 1 JUNE 2026

VESAK DAY SPECIAL CLASSES

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08:45
MAIN STUDIO

45 mins
**LES MILLS
SHAPES**
PRIYA



09:45
MIND & BODY STUDIO

45 mins
**LES MILLS
PILATES**
PRIYA



09:45
MAIN STUDIO

60 mins
BODYPUMP
YINSHI



10:50
MIND & BODY STUDIO

60 mins
**GENTLE
FLOW YOGA**
GEORGE



11:00
CYCLING STUDIO

45 mins
RPM
YINSHI




12:00
MIND & BODY STUDIO

60 mins
**SOUND FLOW
PLUS**
DAWN



11:00
MAIN STUDIO

60 mins
BODYCOMBAT
PRIYA



12:15
MAIN STUDIO

60 mins
BODYJAM
GEORGE



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Calm Special Class

📍 FF JUNCTION 10 | 1 JUNE 2026

VESAK DAY SPECIAL CLASSES

Find stillness within our special **Calm** classes to slow down, release tension and reconnect with yourself through Gentle Flow and Sound Flow.

09:15
MAIN STUDIO

60 mins
CORE FLOW YOGA
CAROLINE




10:30
MAIN STUDIO

60 mins
GENTLE FLOW YOGA
Hips Mobility
CAROLINE



11:45
MAIN STUDIO

90 mins
ZUMBA
MUS



13:30
MAIN STUDIO

60 mins
BODYPUMP
ROBYN



10:45
MAIN STUDIO

45 mins
RPM
CHONG WEI



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Calm Special Class

📍 FF ONE GEORGE STREET | 1 JUNE 2026

VESAK DAY SPECIAL CLASSES

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10:15
MAIN STUDIO

45 mins
CIRCUIT
YEOH



11:10
MAIN STUDIO

45 mins
BODYPUMP
YEOH



12:05
MAIN STUDIO

45 mins
BODYCOMBAT
YEOH




13:00
MAIN STUDIO

45 mins
**GENTLE
FLOW YOGA**
Twist Variations
CHRISTINE



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Calm Special Class

📍 FF ONE RAFFLES QUAY | 1 JUNE 2026

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09:00 CYCLING STUDIO	45 mins RPM YE OH			09:30 MIND & BODY STUDIO	60 mins SOUND FLOW PLUS DAWN TAN	
10:15 MAIN STUDIO	60 mins BODYPUMP ROYSTON			11:00 CYCLING STUDIO	45 mins RPM CAROL THEN	
11:15 MAIN STUDIO	60 mins BODYCOMBAT ROYSTON					

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Calm Special Class

📍 FF PARAGON | 1 JUNE 2026

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09:00
MAIN STUDIO

45 mins
LM STRENGTH DEVELOPMENT
NAT




10:00
MIND & BODY STUDIO

75 mins
SOUND FLOW PLUS
SANDY



10:15
MAIN STUDIO

45 mins
LES MILLS DANCE
NAT



11:30
MAIN STUDIO

60 mins
BODYPUMP
YU YONG



11:30
MIND & BODY STUDIO

60 mins
HOT FLOW YOGA
SANDY



11:30
FREESTYLE AREA

45 mins
HYROX FOUNDATIONAL
GARY



11:30
CYCLING STUDIO

45 mins
RPM
VIVIEN



12:45
MIND & BODY STUDIO

60 mins
BODYCOMBAT
NAT



12:45
MAIN STUDIO

45 mins
LES MILLS SHAPES
KELVIN



14:00
MIND & BODY STUDIO

60 mins
BODYBALANCE
KELVIN



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Calm Special Class

📍 FF PAYA LEBAR | 1 JUNE 2026

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09:30 MAIN STUDIO	60 mins DYNAMIC FLOW YOGA YIT YAN	
10:45 MAIN STUDIO	60 mins GENTLE FLOW YOGA <i>Hip Opener</i> YIT YAN	
12:00 MAIN STUDIO	60 mins BODYPUMP MINGFEI	
13:15 MAIN STUDIO	60 mins BODYCOMBAT MINGFEI	
14:30 FREESTYLE AREA	45 mins BOOM MINGFEI	

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Calm Special Class

📍 FF TAMPINES | 1 JUNE 2026

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Find stillness within our special **Calm** classes to slow down, release tension and reconnect with yourself through Gentle Flow and Sound Flow.

09:00
MAIN STUDIO

60 mins
BODYPUMP
GLENN



09:00
MIND & BODY STUDIO

60 mins
SOUND FLOW PLUS
HENRY



10:15
MAIN STUDIO

45 mins
LES MILLS CORE
GLENN



10:15
MIND & BODY STUDIO

60 mins
SOUND FLOW
HENRY



10:15
CYCLING STUDIO

45 mins
RPM
ROBYN




11:30
MIND & BODY STUDIO

60 mins
GENTLE FLOW YOGA
GLENN



11:30
MAIN STUDIO

45 mins
LES MILLS SHAPES
ROBYN



12:45
MAIN STUDIO

45 mins
LM FUNCTIONAL STRENGTH
YIRU



13:45
MAIN STUDIO

60 mins
BODYCOMBAT
YIRU



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Calm Special Class

📍 FF WESTGATE | 1 JUNE 2026

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09:00
MAIN STUDIO

60 mins
BODYCOMBAT
JUNWEI



10:15
MAIN STUDIO

45 mins
LES MILLS CORE
MERVYN



10:30
CYCLING STUDIO

45 mins
RPM
SHUTING



11:15
MAIN STUDIO

60 mins
BODYJAM
WILLI



12:30
MAIN STUDIO

60 mins
**BODYPUMP
HEAVY**
REGINA




13:45
MAIN STUDIO

60 mins
**GENTLE
FLOW YOGA**
JOEY KOH



15:00
MAIN STUDIO

45 mins
**LES MILLS
SHAPES**
ELLEIN



16:00
MAIN STUDIO

75 mins
**SOUND FLOW
PLUS**
DAWN



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