



DECEMBER '25 CLASS SCHEDULE

MONDAY

07:30 | Main Studio

SCULPT & STRETCH
NICHOLAS LIM

08:45 | Main Studio

DYNAMIC FLOW
CAROLINE

10:00 | Main Studio

KPOPX FITNESS
ANGELYN

10:00 | Cycling Studio

RPM
ROBYN

11:00 | Freestyle Area

HIIT X STRENGTH

11:15 | Main Studio

POUND
ROBYN

12:15 | Main Studio

BODYPUMP
ROBYN

18:15 | Main Studio

HATHA YOGA
DESMOND ONG

18:15 | Cycling Studio

RPM
WEE BOON

19:00 | Freestyle Area

HYROX
LEO

19:30 | Main Studio

BODYPUMP
KATHERINE

20:30 | Main Studio

BODYCOMBAT
KATHERINE

TUESDAY

07:30 | Main Studio

BODYPUMP
ROBYN

08:45 | Main Studio

BODYCOMBAT
RAY

10:00 | Main Studio

AERIAL FLOW
GEORGE

10:00 | Cycling Studio

RPM
CHONG WEI

11:00 | Freestyle Area

HIIT X RUSH

11:15 | Main Studio

BODYJAM
GEORGE

12:30 | Main Studio

CORE FLOW
GEORGE

18:00 | Main Studio

TRX
DESIREE

18:30 | Freestyle Area

BOOM

19:00 | Main Studio

BODYJAM
JASPER

20:00 | Cycling Studio

RPM
SHU TING

20:15 | Main Studio

BODYCOMBAT
ALBERT SUKIYANTO

DECEMBER '25 CLASS SCHEDULE

WEDNESDAY

07:30 | Main Studio
HATHA YOGA
ALBERT TAN

08:45 | Main Studio
BODYPUMP
NICKY

10:00 | Main Studio
CORE
DESIREE

10:00 | Cycling Studio
RPM
JENNIFER CHEN

11:00 | Freestyle Area
HYROX

11:00 | Main Studio
TRX
DESIREE

12:00 | Main Studio
ZUMBA
TIMOTHY

18:00 | Main Studio
BODYCOMBAT
JACKY TAN

19:15 | Main Studio
BODYPUMP
GERALD NG

19:30 | Cycling Studio
RPM
DANIEL

20:30 | Main Studio
BODYJAM
JOANNE CHUA

THURSDAY

09:00 | Main Studio
CORE FLOW YOGA
CAROLINE

10:00 | Cycling Studio
RPM
ROBYN

10:00 | Main Studio
GENTLE FLOW YOGA
CAROLINE

11:00 | Main Studio
BODYCOMBAT
NICHOLAS ONG

11:00 | Freestyle Area
BURN

12:00 | Main Studio
DANCE MOVES
TIMOTHY

17:15 | Freestyle Area
HYROX
CHERYL

18:15 | Freestyle Area
NAK MUAY
CHERYL

18:15 | Main Studio
DYNAMIC FLOW
CAROLINE

19:15 | Main Studio
BODYCOMBAT
CHERYL

20:15 | Cycling Studio
RPM
RANDY

20:30 | Main Studio
LES MILLS TONE
MERVYN

DECEMBER '25 CLASS SCHEDULE

FRIDAY

09:00 | Main Studio

ZUMBA
TIMOTHY

10:00 | Main Studio

BODYPUMP
ROBYN

10:40 | Cycling Studio

RPM
JENNIFER CHEN

11:00 | Freestyle Area

HIIT X STRENGTH

11:15 | Main Studio

BODYCOMBAT
CHERYL

12:15 | Main Studio

GENTLE FLOW YOGA
JENNIFER CHEN

18:45 | Main Studio

AERIAL FLOW YOGA
DESMOND ONG

19:00 | Freestyle Area

HYROX

19:00 | Cycling Studio

RPM
ROBYN

20:00 | Main Studio

BODYPUMP
ROBYN

09:00 | Main Studio

BODYPUMP
LIVIA

10:10 | Main Studio

ADVANCED FLOW YOGA
CAROLINE

11:20 | Main Studio

GENTLE FLOW YOGA
CAROLINE

12:15 | Cycling Studio

RPM
RANDY

12:30 | Main Studio

BODYBALANCE
ETHAN TONG

13:40 | Main Studio

BODYPUMP
LENNART

14:50 | Main Studio

BODYCOMBAT
TOSHIE

16:00 | Main Studio

YIN YOGA
YUAN JING



DECEMBER '25 CLASS SCHEDULE

SUNDAY

09:00 | Main Studio

BODYBALANCE
ETHAN TONG

10:00 | Cycling Studio

RPM
DANIEL

10:00 | Freestyle Area

HYROX
TIMOTHY TEOH

10:00 | Main Studio

DANCE MOVES
CHARLOTTE

11:00 | Main Studio

ZUMBA
MUS

11:00 | Freestyle Area

HYROX
TIMOTHY TEOH

12:15 | Main Studio

BODYCOMBAT
JASMIN

13:30 | Main Studio

BODYPUMP
JASMIN

14:45 | Main Studio

AERIAL FLOW YOGA
ALISON

17:00 | Main Studio

BODYCOMBAT
ZHENJIE