



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

*Class schedule correct as at time of publication.

For most updated class schedule and booking of classes please refer to the Fitness First SEA mobile app.

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

SATURDAY

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
ZHENGJIE