



DECEMBER '25 CLASS SCHEDULE

MONDAY

07:00 | Main Studio

BODYPUMP
BENJI

08:15 | Main Studio

DYNAMIC FLOW YOGA
DAWN

09:30 | Main Studio

BODYJAM
JACLYN

10:00 | Freestyle Area

HIIT X STRENGTH

10:45 | Main Studio

TRX
BENJI

12:00 | Main Studio

BODYATTACK
BENJI



13:00 | Main Studio

BODYBALANCE
BENJI

17:00 | Main Studio

AERIAL FLOW
LESTER

18:15 | Main Studio

BODYCOMBAT
JANICE

18:30 | Cycling Studio

RPM
WILLIE

18:45 | Swimming Pool

H2O HIIT
MERVYN

19:30 | Main Studio

BODYPUMP
SHIRLEY



19:45 | Cycling Studio

RPM
SHUTING

20:45 | Main Studio

BODYSTEP
BRIAN



DECEMBER '25 CLASS SCHEDULE

TUESDAY

07:00 | Main Studio

**LES MILLS FUNCTIONAL
STRENGTH**
BENJI

08:15 | Main Studio

BODYPUMP
BENJI

09:30 | Main Studio

SOUND FLOW PLUS
DAWN TAN



09:45 | Cycling Studio

RPM
BENJI

10:00 | Freestyle Area

HYROX ENGINE

10:45 | Main Studio

BODYSTEP
BENJI

12:00 | Main Studio

**GENTLE
FLOW YOGA**
JENNIFER CHEN



13:00 | Main Studio

**LES MILLS
PILATES**
VIVI K

17:00 | Main Studio

BODYCOMBAT
GRACE LEE

18:15 | Main Studio

BODYPUMP
KEE

18:15 | Freestyle Area

HYROX ENGINE

18:30 | Cycling Studio

RPM
BENJI

19:30 | Main Studio

LES MILLS DANCE
PAO PAO

19:30 | Swimming Pool

AQUA FIT
EUNICE

19:45 | Cycling Studio

RPM
KARLMAL

20:45 | Main Studio

BODYATTACK
GORDON



DECEMBER '25 CLASS SCHEDULE

WEDNESDAY

07:00 | Main Studio

BODYCOMBAT
RAY

08:15 | Main Studio

PILATES
MOLLY

09:30 | Main Studio

LES MILLS DANCE
JOANNA

10:00 | Freestyle Area

HYROX
FOUNDATIONAL

10:45 | Main Studio

GENTLE FLOW YOGA
JOANNA

12:00 | Main Studio

BODYPUMP
BHAS

13:00 | Main Studio

LES MILLS CORE
BHAS

17:00 | Main Studio

LES MILLS PILATES
BENJI

18:15 | Main Studio

BODYBALANCE
BENJI

18:15 | Freestyle Area

HYROX
FOUNDATIONAL

18:30 | Cycling Studio

RPM
WEE BOON

18:30 | Swimming Pool

H2O HIIT
SHERLIN

19:30 | Main Studio

BODYJAM
JACLYN

19:30 | Swimming Pool

H2O FLOW
SHERLIN

20:45 | Main Studio

BODYPUMP
BENJI



DECEMBER '25 CLASS SCHEDULE

THURSDAY

07:00 | Main Studio

**DYNAMIC
FLOW YOGA**
GEORGE

08:15 | Main Studio

BODYPUMP
LOKIES

09:30 | Main Studio

BODYJAM
GEORGE

09:45 | Cycling Studio

RPM
JENNIFER CHEN

10:00 | Freestyle Area

HYROX POWER

10:45 | Main Studio

AERIAL FLOW
GEORGE

12:00 | Main Studio

CIRQHIIT
FANG

13:00 | Main Studio

BODYCOMBAT
FANG

17:00 | Main Studio

BODYATTACK
DOEY

18:15 | Freestyle Area

HYROX POWER

18:15 | Main Studio

BODYSTEP
BRIAN

18:30 | Cycling Studio

RPM
KARLMAL

19:30 | Main Studio

BODYPUMP
RYAN HARYADI

19:30 | Swimming Pool

H2O HEAT
GEORGE

20:45 | Main Studio

BODYBALANCE
CHOKY

DECEMBER '25 CLASS SCHEDULE

FRIDAY

07:00 | Main Studio

BODYPUMP
BENJI

08:15 | Main Studio

BODYBALANCE
BENJI

09:30 | Main Studio

BOSU
BENJI

10:00 | Freestyle Area

HIIT X RUSH

10:45 | Main Studio

HATHA YOGA
LI HUA

12:00 | Main Studio

**LES MILLS FUNCTIONAL
STRENGTH**
BENJI

13:00 | Main Studio

LES MILLS SHAPES
ROBYN

17:00 | Main Studio

BODYPUMP
BENJI

18:15 | Main Studio

CORE FLOW YOGA
IAN FUNG

18:30 | Cycling Studio

RPM
BENJI

19:30 | Main Studio

BODYCOMBAT
PRIYA

20:45 | Main Studio

BODYJAM
ANGELINA

DECEMBER '25 CLASS SCHEDULE

SATURDAY

08:30 | Swimming Pool

H2O FLOW
JOANNA

09:00 | Main Studio

BODYJAM
JOANNE CHUA

09:30 | Swimming Pool

AQUA FIT
SHIRLEY

10:00 | Cycling Studio

RPM
JENNIFER CHEN

10:15 | Main Studio

BODYBALANCE
PRIYA

11:00 | Freestyle Area

HYROX COMPLETE

11:30 | Main Studio

BODYCOMBAT
PRIYA

11:30 | Cycling Studio

RPM
KARLMAL

12:45 | Main Studio

BODYPUMP
GAGE

14:00 | Main Studio

LES MILLS PILATES
BENJI

15:15 | Main Studio

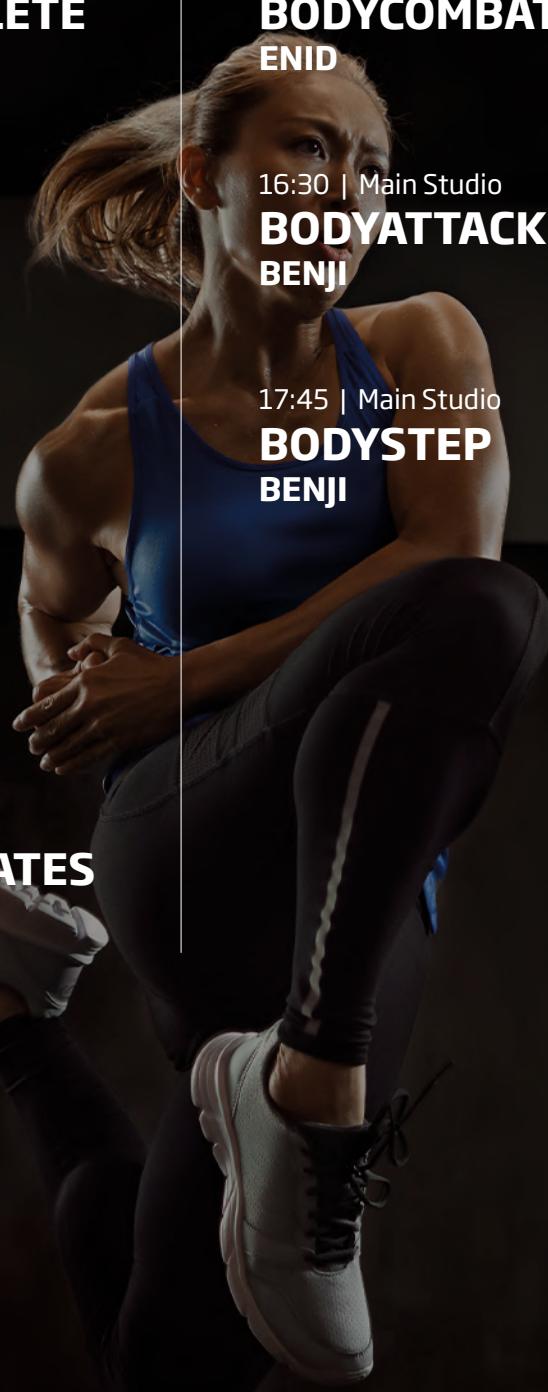
BODYCOMBAT
ENID

16:30 | Main Studio

BODYATTACK
BENJI

17:45 | Main Studio

BODYSTEP
BENJI



DECEMBER '25 CLASS SCHEDULE

SUNDAY

09:00 | Main Studio

GENTLE FLOW YOGA
CINDY

09:30 | Swimming Pool

AQUA FIT
EUNICE

10:15 | Main Studio

BODYPUMP
SITTI

11:30 | Main Studio

LES MILLS DANCE
DOEY

11:30 | Cycling Studio

RPM
BERNIE

12:45 | Main Studio

BODYCOMBAT
ALBERT SUKIYANTO

14:00 | Main Studio

BODYPUMP
RYAN HARYADI

15:00 | Freestyle Area

**HYROX
COMPLETE**

15:15 | Main Studio

BODYSTEP
ALWIN

16:30 | Main Studio

AERIAL FLOW
ALISON

17:45 | Main Studio

BODYCOMBAT
JANICE

