



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

*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

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

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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

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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

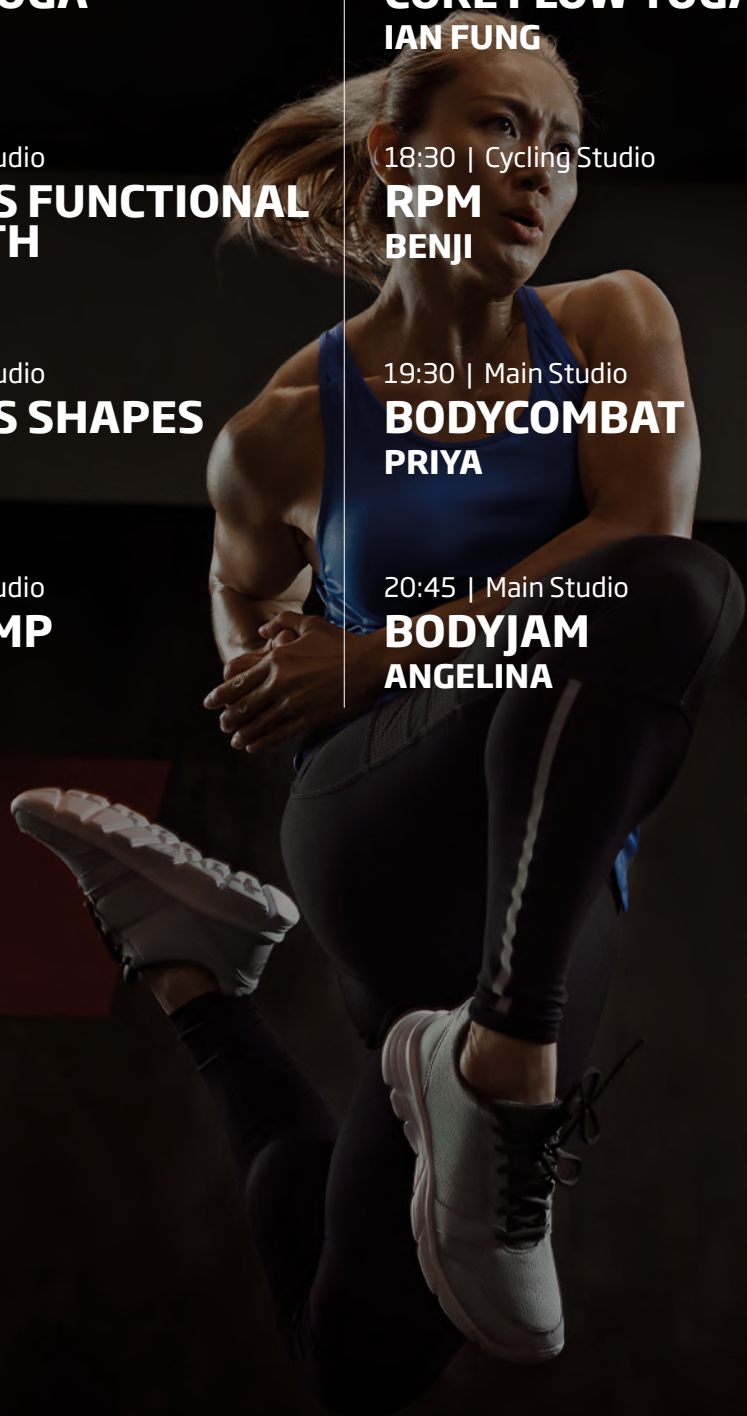
RPM
BENJI

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

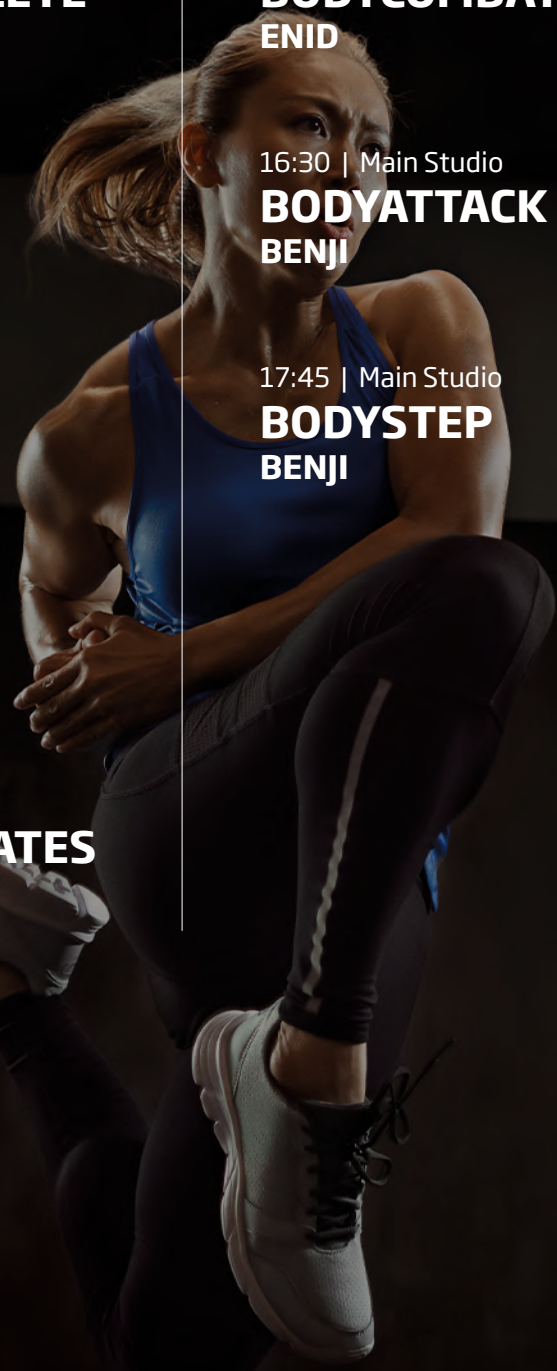
BODYCOMBAT
ENID

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

