

ANG MO KIO

OPERATING HOURS: 8:00AM - 6:00PM

MAIN STUDIO

9:30 am - 10:30 am	BodyPump	Josephine
10:50 am - 12:20 pm	BodyCombat	Josephine
12:30 pm - 1:30 pm	BodyAttack	Daniel
1:40 pm - 2:40 pm	Chinese Dance	Enqi

SPINNING STUDIO

9:20 am - 10:20 am	ICE - Huat Huat Dragon Ride	Agnes Chang
10:40 am - 11:40 am	ICE - Prosperity Challenge	Agnes Chang

YOGA STUDIO

9:50 am - 10:50 am	Endurance Pilates	Sabu
11:10 am - 12:10 pm	Yoga Stretch	Sabu

TAMPINES JUNCTION

OPERATING HOURS: 8:00AM - 6:00PM

MAIN STUDIO

8:30 am - 9:30 am	U-Bound	WK
9:40 am - 11:10 am	DanceFit	Alicia
11:20 am - 12:20 pm	BodyPump	AK
12:35 pm - 1:35 pm	BodyStep	Alwin

SPINNING STUDIO

9:00 am - 9:50 am	RPM	S Nadirah
10:00 am - 11:00 am	ICE Mania	AK

YOGA STUDIO

9:50 am - 10:50 am	Hot Yoga	Miki
11:10 am - 12:10 pm	Gentle Yoga	Miki

GREAT WORLD

OPERATING HOURS: 8:00AM - 6:00PM

MAIN STUDIO

9:20 am - 10:20 am	Zumba	Crystal
10:40 am - 11:40 am	True Square Dance	Crystal
12:00 pm - 1:30 pm	BodyCombat	Toshie

SPINNING STUDIO

9:50 am - 10:50 am	ICE	Sandra Ng
11:10 am - 12:10 pm	ICE - MandoPop	Sandra Ng

YOGA STUDIO

9:40 am - 10:40 am	Hot Yoga	Benny
11:00 am - 12:00 pm	Yoga Therapy	Benny

MILLENIA WALK

OPERATING HOURS: 8:00AM - 6:00PM

MAIN STUDIO

9:40 am - 10:40 am	Zumba	Nira
11:00 am - 12:00 pm	Step into Year of the Dragon	Ray
12:20 pm - 1:20 pm	BodyCombat	Benjamin
1:40 pm - 2:40 pm	BodyPump	Cheerene

SPINNING STUDIO

9:00 am - 10:00 am	ICE - Pop Hits	Ram
10:10 am - 11:10 am	ICE - Retro	Ram

YOGA STUDIO

8:20 am - 9:20 am	Yoga Stretch	Angie
9:35 am - 10:35 am	Pilates	Angie
10:50 am - 11:50 am	Hatha Yoga	Angie

HARBOURFRONT

OPERATING HOURS: 8:00AM - 6:00PM

MAIN STUDIO

9:00 am - 10:00 am	Hot Yoga	Ema
10:20 am - 11:20 am	Zumba	Tomomi
11:40 am - 12:40 pm	Circuit Training	Debra
1:00 pm - 2:00 pm	Ang Bao 888 HI LO-Robics	Ray

SPINNING STUDIO

10:30 am - 11:30 am	ICE - Manyao EDM	Debra
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FUNAN

OPERATING HOURS: 8:00AM - 6:00PM

MAIN STUDIO

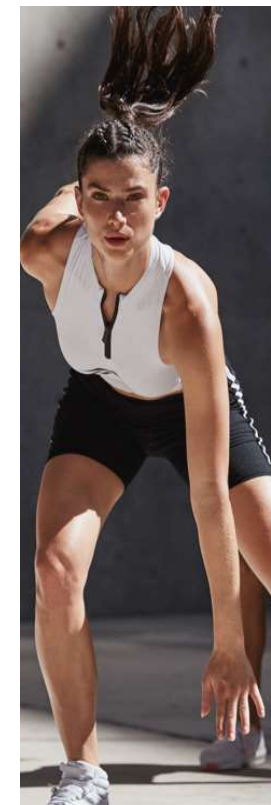
9:50 am - 10:50 am	BodyCombat	Sitti
11:00 am - 12:00 pm	BodyPump	Sitti
12:20 pm - 1:20 pm	Zumba	Ema
1:40 pm - 2:40 pm	Pilates	Ema

SPINNING STUDIO

12:20 pm - 1:20 pm	RPM Challenge	Tommy
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HIIT STUDIO

11:20 am - 12:05 pm	HIIT	Tommy
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PH Chinese New Year - Saturday, 10th February 2024

ANG MO KIO

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

8:15 am - 9:15 am	Step II	CK
9:30 am - 10:30 am	BodyJam	Angelina
10:50 am - 11:50 am	Zumba	Crystal
12:10 pm - 1:10 pm	BodyPump	Christina
1:30 pm - 3:00 pm	BodyCombat	Christina

SPINNING STUDIO

9:20 am - 10:20 am	ICE- CantoPop	Sandy
10:40 am - 11:40 am	ICE - Retro	Sandy

YOGA STUDIO

9:50 am - 10:50 am	Hot Yoga	Benny
11:10 am - 12:10 pm	Yin & Myofascial Release	Benny
12:30 pm - 1:30 pm	Vinyasa Flow	Benny

TAMPINES JUNCTION

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

8:40 am - 9:40 am	Functional Circuit Training	Justine
10:00 am - 11:00 am	BodyCombat	Justine
11:20 am - 12:20 pm	U-Bound	Randy
12:40 pm - 1:40 pm	BodyAttack	Jess

SPINNING STUDIO

10:10 am - 11:00 am	RPM	Randy
11:30 am - 12:30 pm	ICE: At the Movies	Justine

YOGA STUDIO

8:15 am - 9:15 am	Hatha Yoga	Miki
9:30 am - 10:30 am	Yoga Therapy	Veron
10:45 am - 11:45 am	Pilates	Veron

GREAT WORLD

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

9:20 am - 10:20 am	Combat Fit	Alicia
10:40 am - 11:40 am	Dance Fit	Alicia
12:00 pm - 1:00 pm	BodyPump	Cheerene
1:20 pm - 2:50 pm	BodyCombat	Cheerene

SPINNING STUDIO

9:50 am - 10:50 am	ICE - Retro	Ram
11:10 am - 12:10 pm	ICE - PopHits	Ram

YOGA STUDIO

9:40 am - 10:40 am	Gentle Yoga	Sabu
11:00 am - 12:00 pm	Cardio Pilates	Sabu
12:20 pm - 1:20 pm	Hatha Flow	Sabu

MILLENIA WALK

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

9:40 am - 10:40 am	Total Body Conditioning	Ben Chiu
11:00 am - 12:00 pm	BodyPump	AK
12:20 pm - 1:20 pm	BodyCombat	Ema
1:40 pm - 2:40 pm	Zumba	Nira

SPINNING STUDIO

8:20 am - 9:20 am	ICE	Ben Chiu
9:30 am - 10:30 am	ICE Mania	AK

YOGA STUDIO

9:50 am - 10:50 am	Pilates	Ema
11:10 am - 12:10 pm	Yoga Flow	Ben Chiu
12:30 pm - 1:30 pm	Yoga Therapy	Amanda Woo

HARBOURFRONT

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

10:15 am - 11:15 am	Chinese Dance	Enqi
11:30 am - 12:30 pm	Dance Mania	Enqi
12:40 pm - 1:40 pm	BodyPump	Shirley Tan
1:50 pm - 2:50 pm	Step - Multi Advance	Shirley Tan

SPINNING STUDIO

10:30 am - 11:30 am	ICE - Dragon Year Spin Fusion	Wen Ling
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FUNAN

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

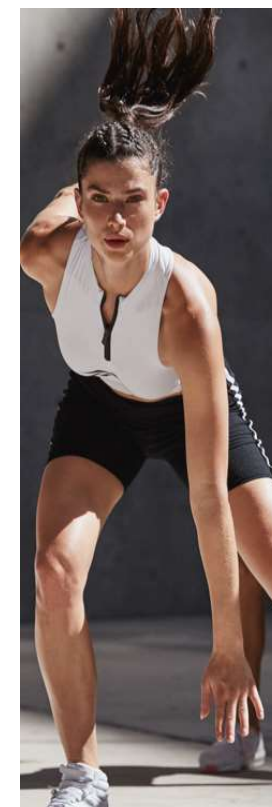
10:10 am - 11:10 am	Pilates	Angela Seng
11:30 am - 12:30 pm	BodyPump	Zovy
12:50 pm - 1:50 pm	BodyCombat	Zovy

SPINNING STUDIO

12:20 pm - 1:20 pm	ICG	Tommy
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HIIT STUDIO

11:20 am - 12:05 pm	HIIT	Tommy
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PH Chinese New Year - Sunday, 11th February 2024

ANG MO KIO

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

9:30 am - 10:30 am	DanceMania	Timothy
10:50 am - 11:50 am	BodyJam	Lee Tong
12:10 pm - 1:10 pm	True Body Tone	Ram
1:30 pm - 3:00 pm	BodyCombat	Jun Yee

SPINNING STUDIO

9:30 am - 10:30 am	ICE - Retro	Ram
10:40 am - 11:40 am	ICE - PopHits	Ram

YOGA STUDIO

8:30 am - 9:30 am	Myofascial Release	Sandy
9:50 am - 10:50 am	Core Pilates	Sandy
11:10 am - 12:10 pm	Pilates	Grace
12:30 pm - 1:30 pm	Yin Yoga	Grace

TAMPINES JUNCTION

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

8:30 am - 9:30 am	BodyPump	Justine
10:00 am - 11:00 am	BodyCombat	Justine
11:20 am - 12:20 pm	Zumba	Nira
12:40 pm - 1:40 pm	CombatFit	Alicia
1:50 pm - 2:50 pm	DanceFit	Alicia

SPINNING STUDIO

10:00 am - 11:00 am	ICE - Manyo EDM	Debra
11:20 am - 12:20 pm	ICE - Pop Band Hits	Justine

YOGA STUDIO

9:20 am - 10:20 am	Gentle Yoga	Cherie
10:40 am - 11:40 am	Body Opening	Cherie
12:30 pm - 1:30 pm	Myofascial Release: AidS for Digestion	Justine

GREAT WORLD

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

9:20 am - 10:20 am	Multi Level Step (Advanced)	CK
10:40 am - 11:40 am	Chinese Dance	Enqi
12:00 pm - 1:00 pm	Dance Mania	Enqi
1:20 pm - 2:50 pm	BodyCombat	Mark

SPINNING STUDIO

9:50 am - 10:50 am	ICE	Ben
11:10 am - 12:10 pm	ICE	Ben

YOGA STUDIO

9:40 am - 10:40 am	Hot Yoga	Benny
11:00 am - 12:00 pm	Gentle Flow	Benny
12:25 pm - 1:25 pm	"Long" Yoga Stretch	Ben

MILLENIA WALK

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

8:20 am - 9:20 am	Gong Xi Fa Cai Multi Step	Ray
9:40 am - 10:40 am	BootCamp	AK
11:00 am - 12:00 pm	BodyPump	Cheerene
12:20 pm - 1:20 pm	BodyCombat	Cheerene
1:40 pm - 2:40 pm	KpopX Fitness	Berry

SPINNING STUDIO

9:30 am - 10:20 am	ICE - Dragon Year Spin Fusion	Wen Ling
11:00 am - 12:00 pm	ICE Mania	AK

YOGA STUDIO

9:50 am - 10:50 am	Pilates	Veronica
11:10 am - 12:10 pm	Yoga Therapy	Veronica
12:30 pm - 1:30 pm	BodyBalance	Veronica

HARBOURFRONT

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

9:00 am - 10:00 am	Pilates	Jia Ling
10:15 am - 11:15 am	Yoga Stretch	Jia Ling
11:30 am - 12:30 pm	BodyPump	Schmike
12:45 pm - 1:45 pm	Fight Do	Yati

SPINNING STUDIO

10:30 am - 11:20 am	RPM	Schmike
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FUNAN

OPERATING HOURS: 8:00AM - 8:00PM

MAIN STUDIO

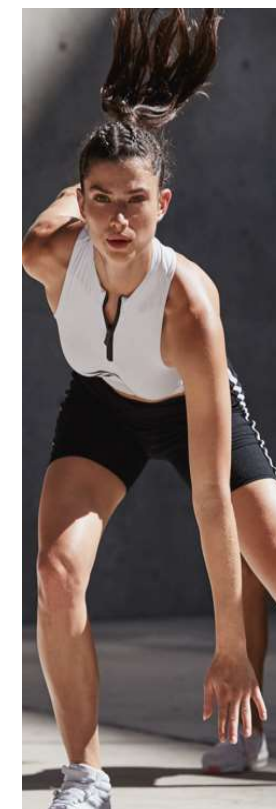
9:40 am - 10:40 am	SupaFresh Dance Movement	Zainul
11:00 am - 12:00 pm	Fight Do	Yati
12:20 pm - 1:20 pm	BodyPump	Ema
1:40 pm - 2:40 pm	Release & Restore	Ema

SPINNING STUDIO

12:20 pm - 1:20 pm	RPM Challenge	Tommy
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HIIT STUDIO

11:20 am - 12:05 pm	HIIT	Tommy
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PH Chinese New Year Observed - Monday, 12th February 2024