

ANG MO KIO

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

MAIN STUDIO

9:30 AM - 10:30 AM	Step2	CK
10:50 AM - 11:50 AM	Zumba	Serene
12:10 PM - 1:10 PM	BodyPump	Robyn
1:30 PM - 3:00 PM	BodyCombat	Christina

SPINNING STUDIO

9:25 AM - 10:25 AM	ICE	Tan Wenting
10:35 AM - 11:35 AM	ICE - Global Hits	Tan Wenting

YOGA STUDIO

8:20 AM - 9:20 AM	Hatha Yoga	Angie
9:40 AM - 10:40 AM	BodyBalance	Agnes
11:00 AM - 12:00 PM	Yoga Foundation	Angie

TAMPINES JUNCTION

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

MAIN STUDIO

8:30 AM - 9:30 AM	Ubound	Randy
9:45 AM - 10:45 AM	BodyCombat	Philip
11:00 AM - 12:00 PM	BodyAttack	Raymond Sim
12:15 PM - 1:15 PM	Zumba	Jerr
2:00 PM - 3:00 PM	Strong Nation	Jerr

SPINNING STUDIO

10:00 AM - 10:50 AM	RPM	Lean May
11:10 AM - 12:10 PM	ICE	Debra

YOGA STUDIO

9:30 AM - 10:30 AM	Pilates	Veronica
10:50 AM - 11:50 AM	BodyBalance	Alan
12:20 PM - 1:20 PM	Stretch & Twist	Tayra
1:40 PM - 2:40 PM	Power Yoga	Tayra

GREAT WORLD

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

MAIN STUDIO

9:20 AM - 10:20 AM	BodyCombat	Joan
10:40 AM - 11:40 AM	Circuit Training	Von
12:00 PM - 1:00 PM	BodyPump	Jasmin
1:20 PM - 2:20 PM	LM Dance	Jin

SPINNING STUDIO

9:30 AM - 10:30 AM	ICE	Ben Chiu
10:45 AM - 11:45 AM	Mandopop	Ben Chiu

YOGA STUDIO

9:40 AM - 10:40 AM	BodyBalance	Ethan
11:00 AM - 12:00 PM	Yoga Twist	Ethan
12:20 PM - 1:20 PM	Yoga Stretch	Jia Ling

MILLENNIA WALK

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

MAIN STUDIO

8:20 AM - 9:20 AM	BodyPump	Sin Ming
9:35 AM - 10:35 AM	Strong Nation	Jerr
10:50 AM - 11:50 AM	BodyJam	Ian J
12:10 PM - 1:00 PM	Strength Development	Bryan
1:25 PM - 2:25 PM	Circuit Training	Von
2:40 PM - 3:40 PM	BodyPump	Cheerene

SPINNING STUDIO

9:00 AM - 10:00 AM	RPM Challenge	Tommy
10:15 AM - 11:15 AM	ICG Coach By Color	Tommy

YOGA STUDIO

8:40 AM - 9:40 AM	Hot Yoga	Nana
10:00 AM - 11:00 AM	BodyBalance	Ika
11:20 AM - 12:20 PM	Yoga Stretch	Amanda
12:40 PM - 1:40 PM	Hatha Flow Yoga	Amanda

HARBOURFRONT

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

MAIN STUDIO

9:00 AM - 10:00 AM	GRIT	Shirley Tan
10:15 AM - 11:15 AM	BodyCombat	Zovy Tan
11:30 AM - 12:30 PM	Yoga Flow	Amanda Woo
12:45 PM - 1:45 PM	Hip Mobility & Stretch	Amanda Woo

SPINNING STUDIO

11:35 AM - 12:25 PM	RPM	Andrew Ng
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FUNAN

OPERATING HOURS: 7:00AM - 10:00PM

MAIN STUDIO

10:00 AM - 11:00 AM	BodyCombat	Sitti
11:15 AM - 12:15 PM	BodyPump	Sitti
12:30 PM - 1:30 PM	BodyCombat	Sin Ming

YOGA STUDIO

10:30 AM - 11:30 AM	Restorative Yoga	Win
1:00 PM - 1:50 PM	Shape	Zovy Tan

HIIT STUDIO

11:00 AM - 11:45 AM	HIIT	Zul
12:00 AM - 12:45 AM	HIIT	Zul



Happy Diwali



DEEPAVALI 31 OCT 2024 THURSDAY