

ANG MO KIO

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

MAIN STUDIO

9:00 am - 10:00 am	BodyPump	Adeline Goh
10:15 am - 11:15 am	BodyCombat	Adeline Goh
11:30 am - 12:30 pm	BodyJam	Angelina Yeo
12:45 pm - 1:45 pm	BodyAttack	Daniel Loo
2:00 pm - 2:50 pm	Les Mills Dance	Pao Pao

SPINNING STUDIO

9:25 am - 10:25 am	ICE - Retro90	Sandy
10:35 am - 11:35 am	ICE - CantoPop	Sandy

YOGA STUDIO

8:20 am - 9:20 am	Myofascial Release	Sandy
9:40 am - 10:40 am	Backcare Therapy	Nila
11:00 am - 12:00 pm	Hatha Flow	Nila

TAMPINES JUNCTION

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

MAIN STUDIO

8:30 am - 9:30 am	Circuit Training	Justine
9:45 am - 10:45 am	BodyCombat	Justine
11:00 am - 12:00 pm	BodyPump	Zan
12:15 pm - 1:15 pm	Zumba	Nira
1:30 pm - 2:30 pm	DanceFit	Alicia

SPINNING STUDIO

10:00 am - 10:50 am	RPM	Eugenia
11:10 am - 12:10 pm	ICE	Justine

YOGA STUDIO

9:30 am - 10:30 am	Morning Flow	Poh
10:50 am - 11:50 am	Yin Yoga	Poh
12:20 pm - 1:20 pm	Yoga Alignment	Cherie
1:40 pm - 2:40 pm	Back Mobility	Cherie

GREAT WORLD

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

MAIN STUDIO

9:20 am - 10:20 am	Step II	Martin
10:40 am - 11:40 am	Street Dance	Calvin Siew
12:00 pm - 1:00 pm	True Body Tone	Ram
1:20 pm - 2:50 pm	BodyCombat	Toshie

SPINNING STUDIO

9:40 am - 10:40 am	ICE Challenge	Ram
11:00 am - 12:00 pm	ICE - Pop Hits	Ram

YOGA STUDIO

9:50 am - 10:50 am	Yoga Stretch	Nana
11:15 am - 12:15 pm	Hatha Yoga	Nana
12:30 pm - 1:30 pm	Hot Yoga	Nana

MILLENIA WALK

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

MAIN STUDIO

8:20 am - 9:20 am	SH1FT	Eran
9:35 am - 10:35 am	BodyAttack	Eran
10:50 am - 11:50 am	BodyPump	Eran
12:10 pm - 1:10 pm	BodyCombat	Eric Liew
1:25 pm - 2:25 pm	KpopX Fitness	Robyn

SPINNING STUDIO

9:50 am - 10:50 am	ICE	Debra
12:20 pm - 1:10 pm	RPM	Robyn

YOGA STUDIO

8:40 am - 9:40 am	Yoga Stretch	Linda
10:00 am - 11:00 am	Vinyasa Yoga	Linda
11:20 am - 12:20 pm	HIIT Yoga	Ben Chiu
12:40 pm - 1:40 pm	Gentle Yoga	Ben Chiu

HARBOURFRONT

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

MAIN STUDIO

9:00 am - 10:00 am	Circuit Training	AK
10:15 am - 11:15 am	BodyPump	AK
11:30 am - 12:30 pm	BodyCombat	Cheryl Peh
12:45 pm - 1:45 pm	Pilates	Jia Ling

SPINNING STUDIO

11:35 am - 12:35 pm	ICE Mania	AK
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FUNAN

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

MAIN STUDIO

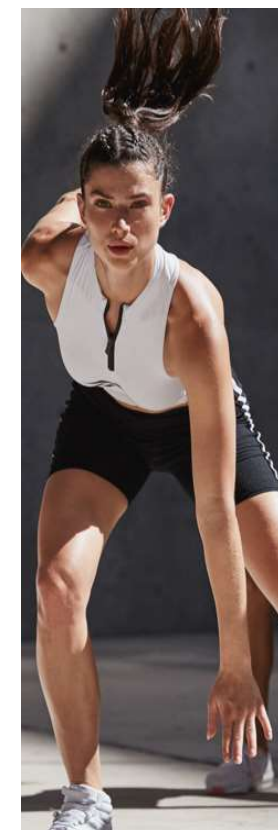
10:00 am - 11:00 am	BodyCombat	Sin Ming
11:15 am - 12:15 pm	BodyPump	Sin Ming
12:30 pm - 1:30 pm	Warm Pilates	Angela Seng
1:45 pm - 2:45 pm	Gentle Yoga	Kelvin Chai

SPINNING STUDIO

11:00 am - 12:00 pm	ICE	Sam
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HIIT STUDIO

11:30 am - 12:15 pm	HIIT	Mike
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PH Hari Raya Haji - 17th June 2024 Monday