

ANG MO KIO

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

MAIN STUDIO

9:30 am - 10:30 am	Step II	CK
10:50 am - 11:50 am	Zumba	Crystal Chen
12:10 pm - 1:10 pm	BodyPump	Adeline
1:30 pm - 3:00 pm	BodyCombat	Adeline

SPINNING STUDIO

9:25 am - 10:25 am	ICE	Ben Chiu
10:35 am - 11:35 am	ICE - Mandopop	Ben Chiu

YOGA STUDIO

8:20 am - 9:20 am	Gentle Yoga	Alice Ng
9:40 am - 10:40 am	Hot Yoga	Alice Ng
11:00 am - 12:00 pm	Pilates	Sabu
12:20 pm - 1:20 pm	Yoga Stretch	Sabu

TAMPINES JUNCTION

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

MAIN STUDIO

8:30 am - 9:30 am	Boot Camp	AK
9:45 am - 10:45 am	BodyPump	AK
11:00 am - 12:00 pm	Zumba	Nira
12:15 pm - 1:15 pm	BodyCombat	Johnson
1:30 pm - 2:30 pm	BodyStep	Alwin

SPINNING STUDIO

10:00 am - 10:50 am	RPM	Ben Loy
11:10 am - 12:10 pm	ICE Mania	AK

YOGA STUDIO

9:30 am - 10:30 am	Gentle Yoga	Linda Toh
10:50 am - 11:50 am	Pilates	Linda Toh
12:00 pm - 1:00 pm	Yoga Flow	David
1:20 pm - 2:20 pm	Yin Yoga	David

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

9:20 am - 10:20 am	ICE - Pop Hits	Ram
10:30 am - 11:30 am	Meteoride	Ram

YOGA STUDIO

9:50 am - 10:50 am	Hatha Flow	Tayra
11:00 am - 12:00 pm	Hot Yoga	Tayra
12:25 pm - 1:25 pm	Stretch & Twist	Tayra

MILLENIA WALK

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

MAIN STUDIO

8:15 am - 9:15 am	Grit Series	Shirley
9:25 am - 10:25 am	BodyPump	Shirley
10:40 am - 11:40 am	BodyCombat	Sin Ming
12:00 pm - 1:00 pm	DanceFit	Alicia
1:15 pm - 2:15 pm	BodyJam	Ian
2:30 pm - 3:20 pm	Les Mills Dance	Keefe

SPINNING STUDIO

9:50 am - 10:50 am	Meteoride	Vince
12:25 pm - 1:15 pm	RPM	Randy

YOGA STUDIO

8:40 pm - 9:40 pm	Core Yoga	Poh
10:00 am - 11:00 am	Yin Yoga	Poh
11:20 am - 12:20 pm	BodyBalance	Veronica
12:40 pm - 1:40 pm	Yoga Therapy	Veronica

HARBOURFRONT

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

MAIN STUDIO

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

SPINNING STUDIO

10:30 am - 11:30 am	ICE - MandoPop	Justine
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FUNAN

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

MAIN STUDIO

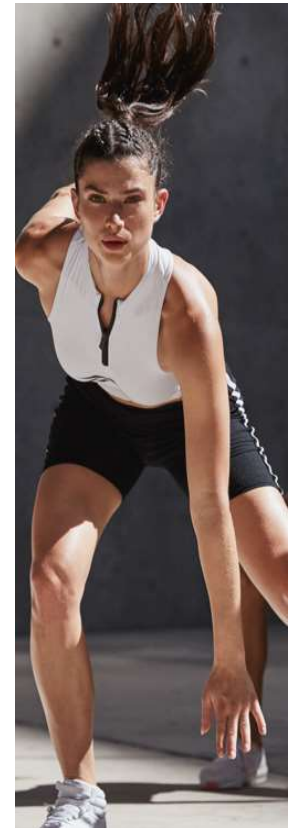
10:00 am - 11:00 am	BodyCombat	Kelvin Tay
11:15 am - 12:15 pm	BodyPump	Ema
12:30 pm - 1:30 pm	Yoga Twist	Ema
1:50 pm - 2:50 pm	Pilates	Angie Choo

SPINNING STUDIO

12:25 pm - 1:25 pm	RPM Challenge	Von
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HIIT STUDIO

11:30 am - 12:15 pm	HIIT	Von
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PH Labor Day - 1st May 2024 Wednesday