

ANG MO KIO

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

MAIN STUDIO

9:30 AM - 10:30 AM	Square Dance	Crystal Chen
10:50 AM - 11:50 AM	Zumba	Serene Yee
12:10 PM - 1:10 PM	BodyPump	Christina Liew
1:30 PM - 3:00 PM	BodyCombat	Christina Liew

SPINNING STUDIO

9:20 AM - 10:20 AM	ICE - MandoPop	Ying Ting
10:40 AM - 11:40 AM	ICE	Ying Ting

YOGA STUDIO

8:30 AM - 9:30 AM	Hot Yoga	Nila
9:50 AM - 10:50 AM	Yoga Stretch	Nila
11:10 AM - 12:10 PM	Yoga Stretch	Sabu
12:30 PM - 1:30 PM	Pilates Foundation	Sabu

TAMPINES JUNCTION

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

MAIN STUDIO

9:00 AM - 9:50 AM	Sh'Bam (50MINS)	Keefe
10:00 AM - 11:00 AM	Zumba	Nira
11:15 AM - 12:15 PM	BodyAttack	Edison
12:30 PM - 1:30 PM	BodyCombat	Eric
1:45 PM - 2:45 PM	U-Bound	WK

SPINNING STUDIO

11:30 AM - 12:15 PM	ICE (45MINS)	Julian
12:40 PM - 1:40 PM	ICE	Wen Ling

YOGA STUDIO

8:30 AM - 9:30 AM	Hatha Yoga	Zaharamiki
9:40 AM - 10:40 AM	Yin Yoga	Poh
11:10 AM - 12:10 PM	Yoga Flow	Poh
12:30 PM - 1:30 PM	Hot Stretch	Julian

GREAT WORLD

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

MAIN STUDIO

9:30 AM - 10:30 AM	Multi Step	CK
10:50 AM - 11:50 AM	Street Jazz	Calvin Siew
12:10 PM - 1:10 PM	BodyPump	Cheerene
1:30 PM - 2:30 PM	BodyCombat	Toshie
2:45 PM - 3:45 PM	BodyJam	Ian J

SPINNING STUDIO

9:40 AM - 10:40 AM	ICE	Ben Chiu
11:00 PM - 12:00 AM	ICE - Mandopop	Ben Chiu

YOGA STUDIO

9:50 AM - 10:50 AM	Hot Yoga	Benny Li
11:10 AM - 12:10 PM	Yoga Stretch	Benny Li
12:25 PM - 1:25 PM	Pilates	Alice Ng

MILLENIA WALK

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

MAIN STUDIO

8:40 AM - 9:40 AM	BodyStep	Alwin
9:55 AM - 10:55 AM	GRIT / Circuit Training	AK
11:10 AM - 12:10 PM	BodyCombat	Justine
12:25 PM - 1:25 PM	SH1FT	Eran
1:40 PM - 2:40 PM	BodyAttack	Eran
2:50 PM - 3:50 PM	DanceMania	Enqi

SPINNING STUDIO

10:00 AM - 10:50 AM	RPM (50MINS)	Justine
11:15 AM - 12:15 PM	ICEMANIA	AK

YOGA STUDIO

8:20 AM - 9:20 AM	Pilates	Veronica
9:40 AM - 10:40 AM	Yin Yoga	Veronica
11:20 AM - 12:20 PM	Yoga Stretch	Linda Toh
12:40 PM - 1:40 PM	Yoga Flow	Linda Toh

HARBOURFRONT

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

MAIN STUDIO

8:20 AM - 9:20 AM	BodyCombat	Ema
9:35 AM - 10:35 AM	Release & Restore	Ema
10:50 AM - 11:50 AM	Gentle Yoga	Jia Ling
12:10 PM - 1:10 PM	BodyCombat	Lexander
2:40 PM - 3:40 PM	BodyPump	Shirley Tan

SPINNING STUDIO

9:45 AM - 10:35 AM	RPM (50MINS)	Randy
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NOVENA

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

10:30 AM - 11:15 AM	HIIT MOVES (45MINS)	Barry
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FUNAN

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

MAIN STUDIO

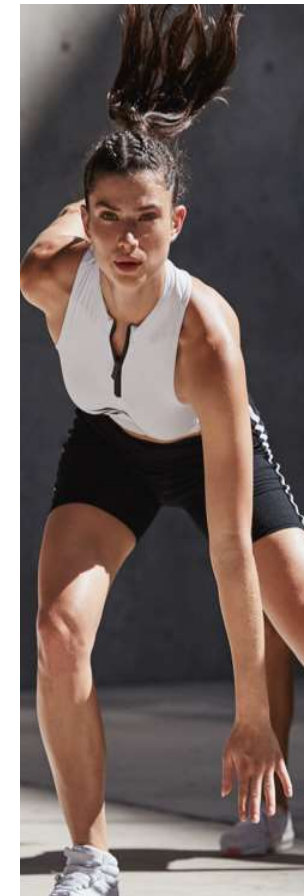
10:00 AM - 11:00 AM	Zumba	Jerr
11:15 AM - 12:15 PM	Piloxing	Enqi
12:30 PM - 1:30 PM	BodyPump	Zovy
1:50 PM - 2:50 PM	Warm Pilates	Angela Seng

SPINNING STUDIO

12:15 PM - 1:15 PM	ICG	Tommy
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HIIT STUDIO

11:00 AM - 11:45 AM	HIIT (45MINS)	Tommy
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PH Vesak Day - Friday, 2 June 2023