

ANG MO KIO

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

MAIN STUDIO

9:30 am - 10:30 am	Supafresh Dance Movement	Zainul
10:50 am - 11:50 am	BodyJam	Lee Tong
12:10 pm - 1:10 pm	BodyPump	Christina Liew
1:30 pm - 3:00 pm	BodyCombat	Christina Liew

SPINNING STUDIO

9:25 am - 10:25 am	ICE MandoPop	Agnes Chang
10:35 am - 11:35 am	ICE Challenge	Agnes Chang

YOGA STUDIO

8:20 am - 9:20 am	Yoga Stretch	Nila
9:40 am - 10:40 am	Hip & Twist	Nila
11:00 am - 12:00 pm	Hot Yoga	Benny Li
12:20 pm - 1:20 pm	Yin & Myofascial Release	Benny Li

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	Kelvin Chai
12:15 pm - 1:15 pm	BodyAttack	Edison Chew
1:30 pm - 2:30 pm	DanceFit	Alicia

SPINNING STUDIO

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

YOGA STUDIO

9:30 am - 10:30 am	108 Sun Sals	Veronica
10:50 am - 11:50 am	Yin Yoga	Veronica
12:00 pm - 1:00 pm	Gentle Yoga	Cindy
1:20 pm - 2:20 pm	Hatha Yoga	Cindy

GREAT WORLD

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

MAIN STUDIO

9:20 am - 10:20 am	BodyCombat	Joan Lee
10:40 am - 11:40 am	Step II	Martin
12:00 pm - 1:00 pm	Piloxing	Enqi
1:20 pm - 2:20 pm	DanceMania	Enqi

SPINNING STUDIO

9:40 am - 10:40 am	ICE	Sandra Ng
11:00 am - 12:00 pm	ICE Challenge	Sandra Ng

YOGA STUDIO

9:50 am - 10:50 am	Gentle Yoga	Sabu
11:15 am - 12:15 pm	Cardio Pilates	Sabu
12:30 pm - 1:30 pm	Hatha Flow	Sabu

MILLENIA WALK

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

MAIN STUDIO

8:20 am - 9:20 am	SH1FT	Eran
9:35 am - 10:35 am	Grit Series	Eran
10:50 am - 11:50 am	BodyAttack	Eran
12:10 pm - 1:10 pm	BodyPump	Rachel
1:25 pm - 2:25 pm	BodyCombat	Cheryl Peh

SPINNING STUDIO

9:50 am - 10:50 am	RPM Challenge	Robyn
11:10 am - 12:10 pm	ICE	Ben Chiu

YOGA STUDIO

8:40 am - 9:40 am	BodyBalance	Ethan Tong
10:00 am - 11:00 am	Yoga Flow	Ben Chiu
11:20 am - 12:20 pm	Pilates	David
12:40 pm - 1:40 pm	Yin Yoga	David

HARBOURFRONT

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

MAIN STUDIO

9:00 am - 10:00 am	Hot Yoga Twist	Ema
10:15 am - 11:15 am	Core & Stretch	Ema
11:30 am - 12:30 pm	BodyPump	Zovy Tan
12:45 pm - 1:45 pm	BodyCombat	Zovy Tan

SPINNING STUDIO

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

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

MAIN STUDIO

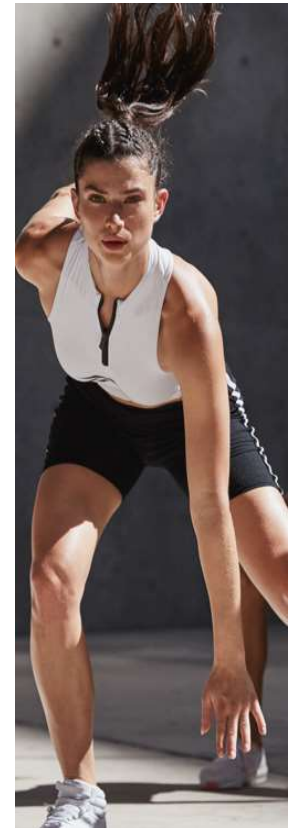
10:00 am - 11:00 am	BodyPump	Sitti
11:15 am - 12:15 pm	BodyCombat	Sitti
12:30 pm - 1:30 pm	Yoga Flow	Linda Toh
1:45 pm - 2:45 pm	Warm Stretch	Linda Toh

SPINNING STUDIO

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

11:30 am - 12:15 pm	HIIT	Tommy
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PH Vesak Day - 22nd May 2024 Wednesday