

PAYA LEBAR

8 Eunos Road #02-104, SINGAPORE POST CENTRE Mon - Fri Sat, Sun and PH

6:00AM - 10:00PM 8:00AM - 10:00PM

Singapore 408600

Cardio

Mind & Body

Freestyle

Dance

Strength & Conditioning

Feature Class

Mon 07/02	Tue 08/02	Wed 09/02	Thu 10/02	Fri 04/02	Sat 05/02	Sun 06/02
CIRCUIT	BODYCOMBAT®	BODYATTACK®	BODYPUMP®	BODYCOMBAT®	YOGA	BODYBALANCE
07:00 AM - 08:00 AM KAREL	07:00 AM - 08:00 AM KAREL	07:00 AM - 08:00 AM ELLEIN	07:00 AM - 08:00 AM ADELINE GOH	07:00 AM - 08:00 AM ADELINE GOH		09:00 AM - 10:00 AM PRIYA
60 min	60 min	60 min	60 min	60 min	60 min	60 min
Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio
CORE CONDITIONING	BODYPUMP®	YOGA	BODYCOMBAT®	CIRCUIT	BODYPUMP®	BODYCOMBAT
09:00 AM - 09:45 AM JASMINE LIEW 45 min	09:00 AM - 09:45 AM KAREL 45 min	09:00 AM - 09:45 AM KIMBERLY KOH 45 min	09:00 AM - 09:45 AM KAREL 45 min	10:00 AM - 10:45 AM JASMINE LIEW 45 min	10:30 AM - 11:30 AM CJ 60 min	10:30 AM - 11:30 AM PRIYA 60 min
Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio
PILATES	BODYPUMP®	BODYPUMP®	CIRCUIT	BODYBALANCE®		BODYCOMBAT
10:00 AM - 11:00 AM JASMINE LIEW 60 min	11:00 AM - 11:45 AM JASMINE LIEW 45 min	11:00 AM - 11:45 AM JEANNIE 45 min	11:00 AM - 11:45 AM VIVI WOON 45 min	11:00 AM - 11:45 AM JASMINE LIEW 45 min		11:00 AM - 11:45 AM YI RU 45 min
Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar		Paya Lebar

BODY	Mon 07/02	Tue 08/02	Wed 09/02	Thu 10/02	Fri 04/02	Sat 05/02	Sun 06/02
PM	воом	BODYCOMBAT®	BODYCOMBAT®	BODYPUMP®	BODYPUMP®	BODYPUMP®	
Populations	PM	PM	PM	PM	PM	PM	PM
December Comp December Studie Dec	45 min	60 min	60 min	45 min	60 min	60 min	50 min
12:00 PM - 12:45 PM							
PM	BODYPUMP®		HIIT X RUSH	воом		воом	BODYPUMP®
Paya Lebar Croup Exercise Studio Crtagon Paya Lebar Octagon Paya	PM LINDA	PM LINUS SIM	PM JAMES TAN CS	PM FADHLI	PM JASPER CHIN	PM FADHLI	PM ADELINE GOH
CONTILE HARDCORE CHALLENGE	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar
PM LINDA PM JASMINE LIEW PM JEANNIE PM YIRU PM LINDA PM YIRU PM YIRU PM PM YIRU PM PM YIRU PM PM PM PM PM LINDA PM YIRU PM PM PM HAFIZ AHMAD Paya Lebar Group Exercise Studio Paya Lebar Fight Zone BODYCOMBAT® BODYBALANCE® BODYCOMBAT® LES MILLS TONE** BODYPUMP® LES MILLS TONE** BODYCOMBAT® 03:15 PM - 04:15 PM JASMINE LIEW 02:15 PM - 03:00 PM JASMINE LIEW 02:15 PM - 03:00 PM JO TAN 02:15 PM - 03:00 PM JO TAN 03:15 PM - 04:00 PM KAREL 03:00 PM - 03:50 PM MERVYN LAU Paya Lebar Group Exercise Studio <	GENTLE	HARDCORE	CORE		GENTLE		
PayaLebar Group Exercise Studio BODYCOMBAT® BODYBALANCE® BODYCOMBAT® Coup Exercise Studio BODYCOMBAT® BODYCOMBAT® BODYCOMBAT® BODYCOMBAT® BODYCOMBAT® Coup Exercise Studio Coup Exercise Studio Coup Exercise Studio BODYCOMBAT® BODYCOMBAT® Coup Exercise Studio Coup Exercise Studio Coup Exercise Studio Coup Exercise Studio PayaLebar Group Exercise Studio PayaLebar PayaLebar Group Exercise Studio PayaLebar Group Exercise Studio PayaLebar PayaLebar Group Exercise Studio PayaLebar PayaLebar PayaLebar PayaLebar PayaLebar PayaLebar Group Exercise Studio PayaLebar P	PM LINDA	PM JASMINE LIEW	PM JEANNIE	PM YI RU	PM LINDA	PM YI RU	PM HAFIZ AHMAD
BODYCOMBAT® BODYBALANCE® BODYCOMBAT® LES MILLS TONE™ BODYPUMP® LES MILLS TONE™ BODYCOMBAT®	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar	Paya Lebar
PM MING FEI PM JASMINE LIEW PM JO TAN PM EDWIN KO RAREL PM MERVYN LAU VI RU 60 min 45 min 45 min 45 min 45 min 50 min 60 min Paya Lebar Group Exercise Studio Group Exercise S	<u> </u>			LES MILLS		LES MILLS	
Paya Lebar Group Exercise Studio BODYCOMBAT® BODYBALANCE® BODYJAM® BODYBALANCE® BODYJAM® BODYBALANCE® BODYJAM® BODYBALANCE® BODYJAM® BODYBALANCE® BODYJAM® BODYBALANCE® BODYJAM® D3:15 PM - 04:15 PM ADELINE GOH BODMIN 60 min Faya Lebar Group Exercise Studio Paya Lebar Paya Lebar Group Exercise Studio Paya Lebar Group Exercise Studio P	PM MING FEI	PM JASMINE LIEW	PM JO TAN	PM EDWIN KO	PM KAREL	PM MERVYN LAU	04:00 PM YI RU
Group Exercise Studio							
03:15 PM - 04:15 PM ADELINE GOH JO TAN 60 min 60 min Paya Lebar Paya Lebar Paya Lebar O3:15 PM - 04:15 PM EDWIN KO 60 min Paya Lebar Paya Lebar Paya Lebar	Group Exercise Studio				Group Exercise Studio	Group Exercise Studio	
		03:15 PM - 04:15 PM ADELINE GOH 60 min	03:15 PM - 04:15 PM JO TAN 60 min	03:15 PM - 04:15 PM EDWIN KO 60 min			

Mon 07/02	Tue 08/02	Wed 09/02	Thu 10/02	Fri 04/02	Sat 05/02	Sun 06/02
CIRCUIT	DYNAMIC FLOW YOGA	SH'BAM®	BODYPUMP®	BODYCOMBAT®	BODYCOMBAT®	BODYJAM®
04:30 PM - 05:30 PM KAREL		04:30 PM - 05:15 PM JACKY SIM	04:30 PM - 05:30 PM JOJO	04:30 PM - 05:30 PM KAREL	04:30 PM - 05:30 PM WYATT	05:30 PM - 06:30 PM IAN JASMAN
60 min	60 min	45 min	60 min	60 min	60 min	60 min
Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio
HIIT X STRENGTH	BODYPUMP®	BODYCOMBAT®	CIRCUIT	воом	BODYBALANCE®	
06:00 PM - 06:45 PM JAMES TAN CS	06:00 PM - 07:00 PM AARON HEI	06:00 PM - 07:00 PM ADELINE GOH	06:00 PM - 07:00 PM JEANNIE	06:00 PM - 06:45 PM MING FEI	——————————————————————————————————————	
45 min	60 min	60 min	60 min	45 min	60 min	
Paya Lebar Octagon	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Group Exercise Studio	Paya Lebar Octagon	Paya Lebar Group Exercise Studio	
BODYCOMBAT®	ZUMBA	воом	HIIT X RUSH	SH'BAM®	BODYPUMP®	
06:00 PM - 07:00 PM KAREL 60 min Paya Lebar Group Exercise Studio	07:00 PM - 07:45 PM CRYSTAL 45 min	06:00 PM - 06:45 PM HAFIZ AHMAD 45 min Paya Lebar Octagon	06:00 PM - 06:45 PM DARREN CHIANG 45 min Paya Lebar Octagon	06:15 PM - 07:00 PM LOUIS SHEN 45 min Paya Lebar Group Exercise Studio	07:30 PM - 08:30 PM JOJO 60 min Paya Lebar Group Exercise Studio	
HARDCORE CHALLENGE	BODYATTACK®	SH'BAM®	BODYCOMBAT®	BODYATTACK®		
07:30 PM - 08:15 PM CHRISTINE CHIAM 45 min	07:30 PM - 08:30 PM DOEY 60 min	06:40 PM - 07:25 PM ELLEIN 45 min	07:30 PM - 08:30 PM JEANNIE 60 min	06:30 PM - 07:15 PM MERVYN LAU 45 min		
Group Exercise Studio	Group Exercise Studio	Outdoor	Group Exercise Studio	Outdoor		
BODYPUMP®	ВООМ	ВООМ		LES MILLS TONE™		
08:45 PM - 09:45 PM EDMUND CHIA	07:30 PM - 08:15 PM MING FEI 45 min	07:30 PM - 08:15 PM JO TAN 45 min		07:30 PM - 08:15 PM BENJAMIN LAI 45 min		
Paya Lebar	Paya Lebar	Paya Lebar		Paya Lebar		
Group Exercise Studio	Fight Zone BODYCOMBAT®	Fight Zone BODYPUMP®		Group Exercise Studio BODYPUMP®		
		20211 0111		22277 6777		

08:45 PM - 09:45 PM KELVIN TAY 60 min Paya Lebar Group Exercise Studio	07:30 PM - 08:30 PM JOEL WONG 60 min Paya Lebar Group Exercise Studio	08:45 PM - 09:45 PM BENJAMIN LAI 60 min Paya Lebar Group Exercise Studio	
	BODYBALANCE®		
	60 min Paya Lebar Group Exercise Studio		