



## 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

### MORNING

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

### AFTERNOON



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

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|--|--|--|--|--|--|--|
|  | <div>08:45 PM - 09:45 PM</div> <div>KELVIN TAY</div> <div>60 min</div> <div>Paya Lebar<br/>Group Exercise Studio</div> | <div>07:30 PM - 08:30 PM</div> <div>JOEL WONG</div> <div>60 min</div> <div>Paya Lebar<br/>Group Exercise Studio</div>  |  | <div>08:45 PM - 09:45 PM</div> <div>BENJAMIN LAI</div> <div>60 min</div> <div>Paya Lebar<br/>Group Exercise Studio</div> |  |  |
|  |  | <div><b>BODYBALANCE®</b></div> <div></div> <div>08:45 PM - 09:45 PM</div> <div>JOEL WONG</div> <div>60 min</div> <div>Paya Lebar<br/>Group Exercise Studio</div> |  |  |  |  |