



Fitness First

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

22-25 April 2019

Venue: Fitness First Platinum Avenue K

DATE	TIME	PROGRAMME	INSTRUCTOR(S)	
22 Apr	7:05pm	BODYBALANCE®	> Nick	> Angeline
23 Apr	7:10pm	SH'BAM®	> Uchop	> Zatashah
24 Apr	7:00am	LESMILLS TONE™	> Peter	> Gwen
	6:35pm	BODYATTACK™	> Wee Jyeh	> Junzi
	7:40pm	BODYJAM®	> Uchop	> Aaron > Izz
25 Apr	6:35pm	BODYPUMP®	> Cheng	> Umi
	6:35pm	RPM™	> Ben	> Lawrence
	7:40pm	BODYCOMBAT®	> Cheng	> Jackson > Eric Tan
	8:45pm	BODYSTEP®	> Nala	



Fitness First

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

27-28 April 2019

Venue: Fitness First Platinum 1 Mont Kiara

DATE	TIME	PROGRAMME	INSTRUCTOR(S)	
27 Apr	9:15am	RPM™ 1	> Victor	> Jenny (Shadow)
	9:30am	GRIT™ STRENGTH 1	> Gwen	
	10:10am	LESMILLS TONE™	> Gwen	> Phoebe
	10:10am	BODYBALANCE®	> Eric Goon	> Peter Aw
	10:15am	RPM™ 2	> Judy	> Victor (Shadow)
	12:10pm	BODYJAM®	> Alvin	> Sharon
	1:15pm	BODYCOMBAT®	> Phoebe	> Key
	2:20pm	BODYPUMP®	> Key	> Jenny
	3:30pm	GRIT™ STRENGTH 2	> Key	
28 Apr	3:25pm	BODYATTACK™	> Kevin	> Annie



Fitness First

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

22-24 April 2019

Venue: Fitness First Platinum Melawati Mall

DATE	TIME	PROGRAMME	INSTRUCTOR(S)
22 Apr	6:30pm	LESMILLS TONE™	> Gwen > Kelvin
	7:30pm	SH'BAM®	> Zatahah > Aaron
	8:25pm	BODYJAM®	> Izz > Aaron
23 Apr	7:35pm	RPM™	> Simon
	8:30pm	BODYPUMP®	> Hendrix > Rachel
24 Apr	6:45pm	BODYSTEP®	> Harvin
	7:50pm	BODYBALANCE®	> Harvin > Joelle
	8:55pm	BODYCOMBAT®	> Daniel

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

22-25 April 2019

Venue: Fitness First Platinum The Gardens Mall

DATE	TIME	PROGRAMME	INSTRUCTOR(S)
22 Apr	6:35pm	BODYPUMP®	> Michelle Fong > Jason Choong
23 Apr	5:45pm	SH'BAM®	> Jaden
24 Apr	11.30am	BODYBALANCE®	> Nick Heng > Chester
	5.45pm	LESMILLS TONE™	> Gwen
	7.40pm	BODYCOMBAT®	> Calvin C
25 Apr	7.40pm	BODYJAM®	> Alex > Syafiq

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

22-23 April 2019

Venue: Fitness First Platinum Empire Subang

DATE	TIME	PROGRAMME	INSTRUCTOR(S)
22 Apr	8:35am	BODYBALANCE®	> Nick Heng > Lynsey
	6:00pm	GRIT™ STRENGTH	> Jaythans
	8:45pm	SH'BAM®	> Jason Gan
23 Apr	7:15am	RPM™	> Lilian Chong > Raha
	5:45pm	BODYSTEP®	> Brian Looi > Harvin Tan
	6:35pm	BODYPUMP®	> Jason Soon > Umi
	7:40pm	BODYCOMBAT®	> Jayson Koh > Terence Tan
	8:45pm	BODYJAM®	> Jeremy Tan > Syafiq



Fitness First

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

23-27 April 2019

Venue: Fitness First Platinum Klang Bukit Tinggi

DATE	TIME	PROGRAMME	INSTRUCTOR(S)
23 Apr	8:30am	BODYBALANCE®	> Harvin
	6:35pm	BODYATTACK™	> Kevin > Junzi
24 Apr	6:35pm	BODYCOMBAT®	> Micky > Tasya
	8:45pm	BODYSTEP®	> Grimson > Meng Hong
25 Apr	7:40pm	BODYPUMP®	> Jenny Gan > Phoebe
27 Apr	4:20pm	BODYJAM®	> Anthony > Wi Liem
	5:25pm	SH'BAM®	> Anthony > Wi Liem



Fitness First

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

22-24 April 2019

Venue: Fitness First Platinum The Curve

DATE	TIME	PROGRAMME	INSTRUCTOR(S)
22 Apr	5:45pm	BODYSTEP®	> Jonathan
	6:35pm	BODYJAM®	> Uchop
	7:35pm	RPM™	> Izwan > Simon
	7:40pm	BODYCOMBAT®	> Calvin C
	8:45pm	BODYPUMP®	> Key > Phoebe
23 Apr	5:45pm	BODYATTACK™	> Annie Gan
	6:35pm	BODYBALANCE®	> Ken Mun > Lynsey
24 Apr	8:45pm	SH'BAM®	> Ken Mun



Fitness First

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

22-25 April 2019

Venue: Fitness First Setia City Mall

DATE	TIME	PROGRAMME	INSTRUCTOR(S)	
22 Apr	9:00am	BODYPUMP®	> Jenny	> Jason Ng
	7:00pm	BODYCOMBAT®	> Kenny	> Teng Yau
	8:45pm	SH'BAM®	> Kyo	> Wi Liem
	9:30pm	BODYJAM®	> Kyo	> Wi Liem
24 Apr	10:05am	BODYATTACK™	> Timothy	> Annie Gan
25 Apr	9:00am	BODYSTEP®	> Janet	
	6:35pm	BODYBALANCE®	> Michelle Fong	
	8:00pm	RPM™	> Jeg	



Fitness First

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

23-26 April 2019

Venue: Fitness First Paradigm Mall

DATE	TIME	PROGRAMME	INSTRUCTOR(S)
23 Apr	7:00pm	BODYBALANCE®	> Edmund
	8:00pm	BODYCOMBAT®	> Jaythans > Renee
	9:00pm	BODYJAM®	> Kevin Saw > Sharon Tan
24 Apr	7:00pm	RPM™	> Lilian
	8:00pm	BODYPUMP®	> Umi > Rachel Low
26 Apr	5:30pm	GRIT™ CARDIO	> Rachel Low
	6:00pm	GRIT™ STRENGTH	> Rachel Low
	6:30pm	SH'BAM®	> Hong Myke

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

22-23 April 2019

Venue: Fitness First Cheras Leisure Mall

DATE	TIME	PROGRAMME	INSTRUCTOR(S)
22 Apr	8:30am	RPM™	> Brian
	2:00pm	LESMILLS TONE™	> Peter > Jonathan
	4:30pm	BODYJAM®	> Teresa > Raiy
	5:30pm	BODYBALANCE®	> Voon Foong
	5:40pm	SH'BAM®	> Teresa > Raiy
	6:35pm	BODYPUMP®	> Cheng > Lydia
	7:50pm	BODYCOMBAT®	> Cheng > Lydia
23 Apr	7:00am	BODYSTEP®	> Peter



Fitness First

A STRONGER YOU

LES MILLS QUARTERLY LAUNCH

A fit body is within reach. Take your fitness game up a notch by joining our Les Mills Quarterly Launch with your favorite instructors.

22-27 April 2019

Venue: Fitness First IOI Mall

DATE	TIME	PROGRAMME	INSTRUCTOR(S)
22 Apr	9:35am	LESMILLS TONE™	> Kelvin
	7:40pm	BODYPUMP®	> Roland > Aaron
23 Apr	7:10pm	BODYATTACK®	> Jason Low > Timothy
	9:00pm	BODYSTEP®	> Grimson > Mokky
24 Apr	7:10pm	BODYCOMBAT®	> Peggy > Kelvin
26 Apr	7:40pm	BODYBALANCE®	> Brian Looi
27 Apr	10:40am	SH'BAM®	> Aaron
	11:25am	BODYJAM®	> Jack > Aaron