

**CHIMPCAMP FITNESS TANJONG PAGAR (TP) - SCHEDULE**

64 Shearson Way #03-21/22 Singapore 068815

Updated: 1st Mar 26

	MON		TUES		WED		THUR		FRIDAY	
	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2
M O N D A Y	<b>BODYPUMP</b> ROYSTON 7.00am - 7.45am		<b>BODYPUMP</b> NATHAN 7.30am - 8.15am				<b>POWERSTRENGTH</b> NATHAN 7.00am - 7.45am			
	<b>STRENGTH DEV</b> NATHAN 9.00am - 9.45am		<b>POWERSTRENGTH</b> NATHAN 9.30am - 10.15am				<b>POWERHANG</b> NATHAN 9.00am - 9.45am			
T U E S D A Y	<b>STRENGTH</b> NATHAN 11.35am - 12.20pm	<b>MOBILITY &amp; STRETCH ESSENTIAL</b> PRESCOTT 11.35am - 12.20pm	<b>BODYPUMP</b> TUTIK 11.35am - 12.20pm	<b>BODYCOMBAT</b> JIMMY 11.50am - 12.35pm	<b>BUTTSHAPER</b> NATHAN 11.35am - 12.20pm	<b>ZUMBA</b> Joan 11.50pm - 12.35pm	<b>BODYPUMP</b> NATHAN 11.35am - 12.20pm	<b>BODYCOMBAT</b> BENJAMIN LAM 12.30pm - 1.15pm	<b>POWERWAVE</b> NATHAN 11.35am - 12.20pm	
	<b>BODYPUMP</b> TUTIK 12.30pm - 1.15pm		<b>STRENGTH &amp; SCULPT</b> NATHAN 12.30pm - 1.15pm	<b>FULLBODY WORKOUT</b> PRESCOTT 12.40pm - 1.25pm	<b>BODYPUMP</b> TUTIK 12.30pm - 1.15pm	<b>BODYCOMBAT</b> PRESCOTT 12.40pm - 1.25pm	<b>STRENGTH DEV</b> NATHAN 12.30pm - 1.15pm		<b>BODYPUMP</b> Nathan 12.30pm - 1.15pm	<b>FULLBODY WORKOUT</b> PRESCOTT 12.30pm - 1.15pm
W E D N E S D A Y	<b>STRENGTH &amp; SCULPT</b> PRESCOTT 5.45 - 6.30pm	<b>BODYCOMBAT</b> Jessica Tan 6.35 - 7.35pm	<b>POWERWAVE</b> PRESCOTT 5.45am - 6.30pm	<b>BODYCOMBAT</b> SIN MING 6.35pm - 7.35pm	<b>BODYPUMP</b> ROYSTON 5.55am - 6.40pm	<b>BODYCOMBAT</b> Royston 6.45pm - 7.45pm	<b>STRENGTH</b> NATHAN 5.45am - 6.30pm	<b>BODYCOMBAT</b> Royston 6.35pm - 7.35pm		<b>BODYCOMBAT</b> PRESCOTT 6.25pm - 7.30pm
	<b>BODYPUMP</b> ERSY 6.35pm - 7.35pm	<b>SHAPES</b> BEN LAI 7.40pm - 8.25pm	<b>STRENGTH ESSENTIAL</b> PRESCOTT 6.35pm - 7.35pm	<b>KPOP FITNESS</b> ANGELYN 7.40pm - 8.40pm	<b>PILATES MOBILITY</b> Yuli 6.45pm - 7.40pm	<b>ZUMBA</b> Stepharina 7.50pm - 8.50pm	<b>BODYPUMP</b> YUYONG 6.45pm - 7.35pm	<b>BODYCOMBAT</b> Charlotte 7.40pm - 8.40pm	<b>BODYPUMP</b> ADELINE 6.00pm - 7.00pm	<b>MOBILITY &amp; STRETCH ESSENTIAL</b> PRESCOTT 7.25pm - 8.25pm
T H U R S D A Y	<b>POWERSTRENGTH</b> NATHAN 7.40pm - 8.40pm		<b>BODYPUMP</b> SIN MING 7.40pm - 8.40pm		<b>STRENGTH DEV</b> TUTIK 7.45pm - 8.30pm		<b>BODYCOMBAT</b> LEONARDY 7.40pm - 8.40pm		<b>POWERWAVE</b> NATHAN 7.00pm - 7.45am	



SAT	
Studio #1	Studio #2
<b>BODYPUMP</b> ERSY 9.50am - 10.50am	<b>POWERHANG</b> NATHAN
<b>BODYCOMBAT</b> ADELINE 11.00am - 12.00pm	9.45am - 10.45am <b>BUTTSHAPER</b> NATHAN
<b>POWERWAVE</b> NATHAN 12.10pm - 1.10pm	11.00am - 11.55am
<b>STRENGTH DEV</b> TUTIK 1.20pm - 2.05pm	
<b>BODYPUMP</b> TUTIK 2.15pm - 3.15pm	Barre Pilates
<b>POWERHOUSE</b> NATHAN 3.25pm - 4.15pm	CHARLOTTE 2.00pm to 3.00pm
<b>MOBILITY &amp; STRETCH ESSENTIAL</b> PRESCOTT 4.35pm - 5.35pm	DANCE MV CHARLOTTE 3.20pm to 4.20pm

SUN
Studio #1
<b>BODYPUMP</b> BEN LAI 10.15am - 11.15am
<b>SHAPES</b> BEN LAI 11.30am - 12.15pm
<b>STRENGTH DEV</b> BEN LAI 12.30pm - 1.15pm
<b>BODYPUMP</b> SIN MING 4.30pm - 5.30pm

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