

# CHIMPCHAMP FITNESS MARINA SQUARE (MS) - SCHEDULE

6 Raffles Boulevard #02-337/337A Singapore 039594

Updated: 9 April 2025



	MON	TUES	WED	THUR	FRI
M O R N I N G					
	<b>POWERHANG</b> NATHAN 6.10pm ~ 7.10pm	<b>POWERHOUSE</b> NATHAN 6.35pm ~ 7.20pm	<b>BODYPUMP</b> SHUMIN 6.25pm ~ 7.25pm	<b>BODYPUMP</b> TUTIK 6.20pm ~ 7.20pm	<b>BODYPUMP</b> ERSY 6.45pm ~ 7.45pm
E V E N I N G	<b>BODYPUMP</b> WYATT 7.15pm ~ 8.15pm <b>BODYCOMBAT</b> WYATT 8.20pm ~ 9.20pm	<b>BODYCOMBAT</b> YULI 7.30pm ~ 8.30pm <b>BODYPUMP</b> ERSY 8.35pm ~ 9.35pm	<b>ZUMBA</b> MUS 7.30pm ~ 8.30pm <b>DANCE SH'BAM</b> EUGENE 8.35pm ~ 9.35pm	<b>BODYCOMBAT</b> LEXANDER 7.25pm ~ 8.25pm <b>FULLBODY WRKOUT</b> PRESCOTT 8.30pm ~ 9.30pm	<b>POWERWAVE</b> NATHAN 7.55pm ~ 8.55pm

SATURDAY
<b>BODYPUMP</b> ALBERT 10:30am ~ 11:30am <b>BODYCOMBAT</b> ALBERT 11:35am ~ 12:35pm PRIVATE BOOKING 12:45pm ~ 1:45pm <b>BODYPUMP</b> BEN LAI 2:00pm ~ 3:00pm <b>DANCE SH'BAM</b> EUGENE 3:10pm ~ 4:10pm <b>BODYCOMBAT</b> LEONARDY 4.20pm ~ 5.20pm <b>FULLBODY WRKOUT</b> PRESCOTT 5.30pm ~ 6.30pm

SUNDAY
<b>BODYPUMP</b> WOON WEI 10.15am ~ 11.15am <b>TABATA</b> PRESCOTT 11.25am ~ 12.25pm <b>POWERPUNCH</b> PRESCOTT 12.30pm ~ 1.30pm <b>POWERWAVE</b> NATHAN 1.50pm - 2.50pm <b>BODYPUMP</b> NATHAN 3.00pm - 4.00pm <b>POWERHANG</b> NATHAN 4.10pm ~ 5.10pm <b>BODYCOMBAT</b> YULI 5.20pm ~ 6.20pm

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

6A Shenton Way #03-21/22 Singapore 068815  
Updated: 9 April 2025



	MON		TUES		WED		THUR		FRI	
	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2
M O R N I N G	<b>BODYPUMP</b> ROYSTON 7:00am - 7:45am		<b>STR ESSENTIAL</b> NATHAN 7:30am - 8:15am		<b>POWERWAVE</b> PRESCOTT 7:00am - 7:45am	<b>Awakening</b> Nathan 7:10am - 7:55am	<b>POWERSTRENGTH</b> NATHAN 7:00am - 7:45am		<b>BODYPUMP</b> NATHAN 7:00am - 7:45am	
	<b>POWERWAVE</b> PRESCOTT 8:00am - 8:45am	<b>Awakening</b> Nathan 8:00am - 8:45am	<b>SHAPES</b> NATHAN 8:30am - 9:15am		<b>BODYPUMP</b> NATHAN 8:00am - 8:45am			<b>YOGA BODYBALANCE</b> PRESCOTT 8:00am - 8:45am	<b>STRENGTH DEV</b> NATHAN 8:00am - 8:45am	
	<b>STRENGTH DEV</b> NATHAN 9:00am - 9:45am	8:10am - 8:55am	<b>POWERSTRENGTH</b> NATHAN 9:30am - 10:15am			<b>POWERHANG</b> NATHAN 9:00am - 9:45am		<b>CORESHAPER</b> NATHAN 9:00am - 9:45am	<b>YOGA BODYBALANCE</b> NATHAN 9:00am - 9:45am	
	<b>YOGA BODYBALANCE</b> PRESCOTT 11:35am - 12:20pm	<b>POWERHANG</b> TBC 11:45am - 12:30pm	<b>BODYPUMP</b> TUTIK 11:35am - 12:20pm	<b>BODYCOMBAT</b> JIMMY 11:35am - 12:20pm	<b>BUTTSHAPER</b> NATHAN 11:35am - 12:20pm	<b>ZUMBA</b> Joann 11:50pm - 12:50pm	<b>BODYPUMP</b> NATHAN 11:35am - 12:15pm	<b>K. CARDIO</b> TBC 12:00pm - 12:45pm	<b>POWERWAVE</b> NATHAN 11:35am - 12:15pm	
<b>BODYPUMP</b> TUTIK 12:30pm - 1:15pm	<b>ZUMBA</b> TBC 12:40pm - 1:25pm	<b>FULLBODY WORKOUT</b> PRESCOTT 12:30pm - 1:15pm	<b>POWERHANG</b> TBC 12:55pm - 1:40pm	<b>BODYPUMP</b> TUTIK 12:30pm - 1:15pm	<b>BODYCOMBAT</b> PRESCOTT 12:30pm - 1:15pm	<b>BENJAMIN LAM</b> PRESCOTT 12:30pm - 1:15pm	<b>ZUMBA</b> TBC 12:40pm - 1:25pm	<b>FULLBODY WORKOUT</b> PRESCOTT 12:30pm - 1:15pm		
E V E N I N G	<b>TABATA</b> PRESCOTT 5:45am - 6:30pm		<b>POWERWAVE</b> PRESCOTT 5:45am - 6:30pm	<b>KPOP FITNESS</b> ANGELYN 6:20pm - 7:20pm	<b>BODYPUMP</b> ROYSTON 5:45am - 6:30pm	<b>BODYCOMBAT</b> Royston 6:35pm - 7:35pm	<b>SHAPES</b> NATHAN 5:45am - 6:30pm	<b>DANCE</b> TBC 6:20pm - 7:20pm		
	<b>BODYPUMP</b> ERSY 6:35pm - 7:35pm	<b>SHAPES</b> BEN LAI 7:35pm - 8:25pm	<b>BODYCOMBAT</b> SIN MING 6:35pm - 7:35pm	<b>BODYBALANCE</b> PRESCOTT 7:40pm - 8:40pm		<b>ZUMBA</b> Venus 7:40pm - 8:40pm	<b>BODYPUMP</b> YUYONG 6:35pm - 7:35pm	<b>ZUMBA x STREET JAM</b> Charlotte 7:40pm - 8:40pm	<b>BODYPUMP</b> ADELINE 6:00pm - 7:00pm	
			<b>BODYPUMP</b> SIN MING 7:40pm - 8:40pm		<b>STRENGTH DEV</b> TUTIK 7:40pm - 8:40pm		<b>BODYCOMBAT</b> LEONARDY 7:40pm - 8:40pm		<b>BODYBALANCE</b> CHARLOTTE 7:10pm - 8:10pm	

SAT		SUN	
Studio #1	Studio #2	Studio #1	Studio #2
<b>BODYPUMP</b> ERSY 9:50am - 10:50am	<b>POWERHANG</b> TBC 9:45am - 10:45am	<b>STRENGTH DEV</b> BEN LAI 10:15am - 11:00am	
<b>BODYCOMBAT</b> ADELINE 11:00am - 12:00pm	<b>ZUMBA</b> TBC 11:00am - 12:00pm	<b>SHAPES (to PS)</b> BEN LAI 11:15am - 12:05pm	
<b>POWERWAVE</b> NATHAN 12:10pm - 1:10pm		<b>BODYPUMP</b> BEN LAI 12:15pm - 1:15pm	
<b>STRENGTH DEV</b> TUTIK 1:20pm - 2:05pm			
<b>BODYPUMP</b> TUTIK 2:15pm - 3:15pm	<b>Barre Pilates</b>	<b>BODYPUMP</b> YUYONG 5:00pm - 6:00pm	
<b>POWERHOUSE</b> NATHAN 3:25pm - 4:15pm	<b>CHARLOTTE</b> 2:00pm to 3:00pm		
<b>BODYBALANCE</b> NATHAN 4:35pm - 5:35pm	<b>DANCE MV</b> CHARLOTTE 3:20pm to 4:20pm		
<b>BODYPUMP</b> WOON WEI 6:00pm - 7:00pm			

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