

CHIMPCHAMP FITNESS TANJONG PAGAR (TP) - SCHEDULE
6A Shenton Way #03-21/22 Singapore 068815
Updated: 1st SEP 25

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 I N G	BODY PUMP ROYSTON 7.00am – 7.45am		BODY PUMP NATHAN 7.30am – 8.15am		POWERWAVE PRESCOTT 7.00am – 7.45am		POWERSTRENGTH NATHAN 7.00am – 7.45am	BODY PUMP NATHAN 7.00am – 7.45am	
	POWERWAVE PRESCOTT 8.00am – 8.45am	Awakening Nathan 8:10am – 8:55am	SHAPES NATHAN 8.30am – 9.15am		BODY PUMP NATHAN 8.00am – 8.45am			STRENGTH DEV NATHAN 8.00am – 8.45am	
	STRENGTH DEV NATHAN 9.00am – 9.45am		POWERSTRENGTH NATHAN 9.30am – 10.15am			POWERHANG NATHAN 9.00am – 9.45am		YOGA BODY BALANCE NATHAN 9.00am – 9.45am	
	MOBILITY & STRETCH ESSENTIAL PRESCOTT 11.35am – 12.20pm		BODY PUMP TUTIK 11.35am – 12.20pm	BODYCOMBAT JIMMY 12.00pm – 12.45pm	BUTTSHAPER NATHAN 11.35am – 12.20pm	ZUMBA Joann 11.50pm – 12.35pm	BODYCOMBAT BENJAMIN LAM 12.30pm – 1.15pm	POWERWAVE NATHAN 11.35am – 12.15pm	
N O O N	BODY PUMP TUTIK 12.30pm – 1.15pm	POWERHANG NATHAN 12.00 – 12.45pm	FULLBODY WORKOUT PRESCOTT 12.30pm – 1.15pm	POWERHANG TUTIK 12.30pm – 1.15pm	BODY PUMP TUTIK 12.30pm – 1.15pm	BODYCOMBAT NATHAN 12.40pm – 1.25pm	FULLBODY WORKOUT PRESCOTT 12.30pm – 1.15pm	STRENGTH DEV Nathan 12.30pm – 1.15pm	FULLBODY WORKOUT PRESCOTT 12.30pm – 1.15pm
E V E N I N G	TARATA PRESCOTT 5.45 – 6.15pm	BODYCOMBAT Jessica Tan 6.35 – 7.35pm	POWERWAVE PRESCOTT 5.45am – 6.30pm	BODYCOMBAT SIN MING 6.35pm – 7.35pm	BODY PUMP ROYSTON 5.55am – 6.40pm	BODYCOMBAT Royston 6.45pm – 7.45pm	SHAPES NATHAN 5.45am – 6.30pm		
	BODY PUMP ERSY 6.35pm – 7.35pm	SHAPES BEN LAI 7.40pm – 8.25pm	STRENGTH ESSENTIAL PRESCOTT 6.35pm – 7.35pm	KPOP FITNESS ANGELYN 7.40pm – 8.40pm	MAT PILATES NATHAN 6.45pm – 7.40pm	BODY PUMP YUYONG 6.35pm – 7.35pm	BODY PUMP YUYONG 6.35pm – 7.35pm	BODYCOMBAT Royston 6.35pm – 7.35pm	
	POWERSTRENGTH NATHAN 7.40pm – 8.40pm		BODY PUMP SIN MING 7.40pm – 8.40pm		STRENGTH DEV TUTIK 7.45pm – 8.30pm	BODYCOMBAT Venus 7.50pm – 8.50pm	ZUMBA x KPOP Charlotte 7.40pm – 8.40pm	BODY PUMP ADELINE 6.00pm – 7.00pm	BODYCOMBAT PRESCOTT 6.25pm ~ 7.20pm
								BODY BALANCE PRESCOTT 7.25pm – 8.25pm	BODY BALANCE PRESCOTT 7.25pm – 8.25pm

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Latest Promotion



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

SUN
Studio #1
BODY PUMP BEN LAI 10.15am – 11.15am
SHAPES BEN LAI 11.30am – 12.15pm
STRENGTH DEV BEN LAI 12.30pm – 1.15pm
BODY PUMP SIN MING 3.20pm – 4.20pm
BODYCOMBAT SIN MING 4.30pm – 5.30pm