

CHIMPCHAMP FITNESS MARINA SQUARE (MS) - SCHEDULE

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

Updated: 1st JUNE 25



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

Latest Promotion



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| SATURDAY |
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| BODYPUMP ALBERT 10:30am ~ 11:30am BODYCOMBAT ALBERT 11:35am ~ 12:35pm PRIVATE BOOKING 12:45pm ~ 1:45pm BODYPUMP BEN LAI 2:00pm ~ 3:00pm Les Mills DANCE EUGENE 3:10pm ~ 4:10pm BODYCOMBAT LEONARDY 4.20pm ~ 5.20pm POWERSTRENGTH NATHAN 5.30pm ~ 6.30pm |

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

CHIMPOCHAMP FITNESS TANJONG PAGAR (TP) - SCHEDULE

6A Shenton Way #03-21/22 Singapore 068815

Updated: 1st JUNE 25

| MON | | TUES | | WED | | THUR | | FRIDAY | |
|---|--|--|---|-----------|--|-----------|---|-----------|--|
| Studio #1 | | Studio #2 | | Studio #1 | | Studio #2 | | Studio #1 | |
| M O N D A Y | BODYPUMP ROYSTON 7:00am ~ 7:45am | | BODYPUMP NATHAN 7:40am ~ 8:15am | | POWERWAVE PRESCOTT 7:00am ~ 7:45am | | POWERSTRENGTH NATHAN 7:00am ~ 7:45am | | BODYPUMP NATHAN 7:00am ~ 7:45am |
| | POWERWAVE PRESCOTT 8:00am ~ 8:45am | Awakening Nathan 8:10am ~ 8:55am | SHAPES NATHAN 8:30am ~ 9:15am | | BODYPUMP NATHAN 8:00am ~ 8:45am | | YOGA BODYBALANCE PRESCOTT 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 | | CORESHAPER NATHAN 9:00am ~ 9:45am | | YOGA BODYBALANCE NATHAN 9:00am ~ 9:45am |
| | YOGA BODYBALANCE PRESCOTT 11:35am ~ 12:20pm | POWERHANG NATHAN 12:00 ~ 12:45pm | BODYCOMBAT TUTIK 11:35am ~ 12:20pm | | BUTTSHAPER NATHAN 11:35am ~ 12:20pm | | BODYCOMBAT NATHAN 11:35am ~ 12:15pm | | POWERWAVE NATHAN 11:35am ~ 12:15pm |
| T U E S D A Y | BODYPUMP TUTIK 12:30pm ~ 1:15pm | | FULLBODY WORKOUT PRESCOTT 12:30pm ~ 1:15pm | | BODYPUMP TUTIK 12:30pm ~ 1:15pm | | FULLBODY WORKOUT PRESCOTT 12:30pm ~ 1:15pm | | BODYPUMP TUTIK 12:30pm ~ 1:15pm |
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| | | | | | | | | | |
| W E D N E S D A Y | TABATA PRESCOTT 5:45am ~ 6:30pm | BODYCOMBAT TBC 6:40 ~ 7:40pm | POWERWAVE PRESCOTT 5:45am ~ 6:30pm | | BODYCOMBAT ROYSTON 5:45am ~ 6:30pm | | POWERHANG NATHAN 6:20pm ~ 7:20pm | | BODYCOMBAT PRESCOTT 6:10pm ~ 7:35pm |
| | BODYPUMP ERISY 6:35pm ~ 7:35pm | STRENGTH ESSENTIAL PRESCOTT 6:35pm ~ 7:35pm | SHAPES NATHAN 6:35pm ~ 7:35pm | | MAT PILATES NATHAN 6:35pm ~ 7:35pm | | BODYPUMP YUYONG 6:35pm ~ 7:35pm | | BODYBALANCE ADELINE 6:00pm ~ 7:00pm |
| | POWERSTRENGTH NATHAN 7:40pm ~ 8:25pm | | BODYPUMP SIN MING 7:40pm ~ 8:40pm | | STRENGTH DEV TUTIK 7:40pm ~ 8:40pm | | YOGA BODYBALANCE CHARLOTTE 7:40pm ~ 8:40pm | | |
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| SAT | |
|---|--|
| Studio #1 | Studio #2 |
| BODYPUMP ERISY 8:45am ~ 10:50am | POWERHANG NATHAN 9:45am ~ 10:45am |
| BODYCOMBAT ADELINE 11:00am ~ 12:00pm | BUTTSHAPER NATHAN 11:00am ~ 11:55am |
| POWERWAVE NATHAN 12:10pm ~ 1:10pm | BOLLYBEATS Royston 12:15pm ~ 1:15pm |
| STRENGTH DEV TUTIK 1:20pm ~ 2:05pm | |
| BODYPUMP TUTIK 2:15pm ~ 3:15pm | Barre Pilates |
| POWERHOUSE NATHAN 3:25pm ~ 4:15pm | CHARLOTTE 2:00pm to 3:00pm |
| BODYBALANCE NATHAN 4:35pm ~ 5:35pm | CHARLOTTE 3:20pm to 4:20pm |
| BODYPUMP WOON WEI 6:00pm ~ 7:00pm | |

| SUN | |
|---|--|
| Studio #1 | Studio #2 |
| STRENGTH DEV BEN LAI 10:15pm ~ 11:00pm | |
| SHAPES (no PS) BEN LAI 11:15am ~ 12:05pm | |
| BODYPUMP BEN LAI 12:15pm ~ 1:15pm | |
| BODYPUMP SIN MING 3:20pm ~ 4:20pm | BODYCOMBAT SIN MING 4:30pm ~ 5:30pm |