

**IMPORTANT NOTICE**

- 1) Download the Healthy365 mobile app to check session availability and book your session
- 2) Sessions are subjected to change, kindly refer to H365 for the updated sessions
- 3) For enquires, please contact Active Global Fitness @ 82991880, enquiry@activeglobalfitness.com or Academy of Sports and Exercise Science @65645171, hpb.sitc@ases.edu.sg

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
360 HIIT	Central	Peace Centre, #06-13 (Bencoolen) (360 Fitness)	Every Tue	8:00am	9:00am	
Animal Flow	Central	Pasir Panjang (Bailemos)	Every Mon	9:00am	10:00am	
Avengers HIIT	West	Rifle Range Road (Equip Fitness)	Every Sun	9:00am	10:00am	
Back to Basics	Central	Chinatown (Yogapoint)	Every Mon	10:15am	11:15am	
Back, Neck & Shoulder	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Mon	7:15am	8:15am	
Bbarreless	Central	Peace Centre, #06-13 (Bencoolen) (360 Fitness)	Every Mon	9:30am	10:30am	
Body Attack - Les Mills (Hybrid)	North	Djitsun Mall @ AMK (True Fitness)	Every Wed	11:00am	12:00pm	
Body Combat	Central	Peace Centre, #06-13 (Bencoolen) (360 Fitness)	Every Wed	1:00pm	2:00pm	
Body Combat	Central	ESR Biz Park (True Fitness)	Every Sat	7:00am	8:00am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Body Combat (Hybrid)	Central	Millenia Walk TFX (True Fitness)	Every Fri	7:15am	8:00am	
Body Pump	North	Djitsun Mall @ AMK (True Fitness)	Every Sat	7:00am	8:00am	
Body Pump	Central	ESR Biz Park (True Fitness)	Every Sat	8.20am	9.20am	Change Activity from 16 Jan
BodyArt (Hybrid)	Central	Pasir Panjang (Bailemos)	Every Thu	10:00am	11:00am	
Bolly Dazz Fitness	Central	261 Waterloo Street (Bugis) (Bolly Dancing Studio)	Every Tue	8:45am	9:45am	
Bolly Dazz Fitness	Central	261 Waterloo Street (Bugis) (Bolly Dancing Studio)	Every Wed	10:00am	11:00am	
Bootcamp	Central	Potong Pasir (Anytime Fitness)	Every Tue	9:00am	10:00am	
Bootcamp	Central	Potong Pasir (Anytime Fitness)	Every Thu	8:00am	9:00am	
Cardio BoxFit	Central	717 North Bridge Road (Bugis) (1-Habit Studio)	Every Thu	8:00am	9:00am	
Cardio Dance	Central	Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio)	Every Wed	9:00am	10:00am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Cardio Hip Hop (Hybrid)	Central	Clarke Quay (Artistate Dance Studio)	Every Fri	9:00am	10:00am	
Core Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Mon	12:30pm	1:30pm	
Core Yoga	Central	Prinsep Street (Jyan Yoga)	Every Fri	8:30am	9:30am	
Core Yoga	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Thu	8:30am	9:30am	
Core Yoga (Hybrid)	Central	Pacific Plaza TFX (True Fitness)	Every Wed	7:30am	8:30am	
Core Yoga (Hybrid)	North	Ang Mo Kio Hub (Platinum Yoga)	Every Mon	7:00am	8:00am	
Core Yoga (Virtual)	Central	Sign up via <a href="http://www.eventbrite.com/o/active-global-fitness-32707334825">www.eventbrite.com/o/active-global-fitness-32707334825</a>	Every Thu	8:30am	9:30am	
Deep Stretch & Flow Yoga (Hybrid)	North	Ang Mo Kio Hub (Platinum Yoga)	Every Thu	8:30am	9:30am	
Detox Flow (Hybrid)	North	Ang Mo Kio Hub (Platinum Yoga)	Every Sun	7:15am	8:15am	
Detox Flow Yoga	Central	Parkway Centre (Platinum Yoga)	Every Sun	8:30am	9:30am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Detox Flow Yoga	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Sun	12:30pm	1:30pm	
Detox Flow Yoga	West	Westgate Tower (Platinum Yoga)	Every Sat	7:15am	8:15am	
Detox Flow Yoga (Hybrid)	Central	Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga)	Every Wed	8:00am	9:00am	
Fight-Do	Central	Hometeam NS Balestier - JOM (ActivFitness)	Every Tue	10:00am	11:00am	
Fight-Do (Hybrid)	Central	Millenia Walk TFX (True Fitness)	Every Tue	9:30am	10:00am	
Fight-Do (Hybrid)	Central	Millenia Walk TFX (True Fitness)	Every Thu	4:00pm	5:00pm	
Gentle Yoga	Central	Chinatown (Yogapoint)	Every Tue	9:00am	10:00am	
Grit Cardio - Les Mills	Central	Millenia Walk TFX (True Fitness)	Every Wed	4:00pm	4:45pm	
Grityard HIIT	Central	2 College Road, Medical Alumni Association Building (GritYard)	Every Tue	11:00am	12:00pm	
Hatha Basic	Central	Millenia Walk TFX (True Fitness)	Every Thu	7:00am	8:00am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Hatha Basic	Central	Toa Payoh (Real Yoga)	Every Mon	7:30am	8:30am	
Hatha Basic (Hybrid)	Central	Pacific Plaza TFX (True Fitness)	Every Sat	8:30am	9:30am	
Hatha Flow	Central	Pacific Plaza TFX (True Fitness)	Every Fri	7:30am	8:30am	
Hatha Vinyasa	Central	Parkway Centre (Platinum Yoga)	Every Sat	1:15pm	2:15pm	
Hatha Vinyasa	Central	Suntec City Mall (Platinum Yoga)	Every Wed	1:00pm	2:00pm	
Hatha Vinyasa	Central	Suntec City Mall (Platinum Yoga)	Every Thu	7:45am	8:45am	
Hatha Vinyasa	Central	Urban Den (True Fitness)	Every Mon	10:00am	11:00am	
Hatha Vinyasa	West	Westgate Tower (Platinum Yoga)	Every Sat	1:00pm	2:00pm	
Hatha Vinyasa (Hybrid)	Central	Suntec City Mall (Platinum Yoga)	Every Sat	9:00am	10:00am	
Hatha Yoga (Hybrid)	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Fri	4:00pm	5:00pm	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
HIIT	Central	Keppel (Anytime Fitness)	Every Wed	11:00am	12:00pm	
HIIT - Garage Circuit	West	Lor Kilat (The Garage)	Every Mon	12:30pm	1:30pm	
HIIT - Garage Circuit	West	Lor Kilat (The Garage)	Every Tue	12:00pm	1:00pm	
HIIT - Garage Circuit	West	Lor Kilat (The Garage)	Every Thu	12:00pm	1:00pm	
HIT THE FATS	North	190 Ang Mo Kio Ave 8, #01-03, S(568046) (Sculpt Society)	Every Sat	12:00pm	1:00pm	
HIT THE FATS	North	190 Ang Mo Kio Ave 8, #01-03, S(568046) (Sculpt Society)	Every Sun	12:00pm	1:00pm	
Hot 26 Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Mon	7:30am	8:30am	
Hot Pilates	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Tue	10:00am	11:00am	
Jump Fit Boots	Central	Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio)	Every Mon	9:15am	10:15am	
Jump Fit Boots	Central	Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio)	Every Sat	10:00am	11:00am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Kardioblast	Central	Hometeam NS Balestier - JOM (ActivFitness)	Every Mon	10:00am	11:00am	
Kickboxing	Central	Clarke Quay (Artistate Dance Studio)	Every Fri	12:00pm	1:00pm	
Kickboxing	Central	Sims Drive (Zen Academy)	Every Mon	8:30am	9:30am	
K-Kardio	Central	Pasir Panjang (Bailemos)	Every Thu	11:30am	12:30pm	
K-Kardio	Central	Revenue House (Trilogic Fitness)	Every Wed	8:00am	9:00am	
K-Kardio (Hybrid)	Central	Clarke Quay (Artistate Dance Studio)	Every Wed	9:00am	10:00am	
K-Kardio (Hybrid)	Central	Pasir Panjang (Bailemos)	Every Tue	7:30am	8:30am	
K-Kardio Dance	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Sat	12:15pm	1:15pm	
Kpop X Fitness	North	Djitsun Mall @ AMK (True Fitness)	Every Fri	8:20am	9:20am	
KPOPX Fitness (Hybrid)	Central	Pasir Panjang (Bailemos)	Every Mon	10:30am	11:30am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Kpop X Fitness (Hybrid)	Central	Millenia Walk TFX (True Fitness)	Every Sat	7:00am	8:00am	
KPOPX Fitness	Central	Clarke Quay (Artistate Dance Studio)	Every Wed	10:30am	11:30am	
KpopX Fitness	Central	Millenia Walk TFX (True Fitness)	Every Mon	7:15am	8:00am	
KpopX Fitness	East	Income @ Tampines (True Fitness)	Every Sat	8:20am	9:20am	
KpopX Fitness	North	190 Ang Mo Kio Ave 8, Dance Studio L2 (The Grassroots' Club)	Every Mon	7:30am	8:30am	
KpopX Fitness	North	190 Ang Mo Kio Ave 8, Dance Studio L2 (The Grassroots' Club)	Every Fri	7:30am	8:30am	
KPOPX Fitness (Hybrid)	Central	Pasir Panjang (Bailemos)	Every Fri	10:30am	11:30am	
KPOP X Fitness (Hybrid)	North	Djitsun Mall @ AMK (True Fitness)	Every Wed	3:00pm	4:00pm	
Les Mills Bodycombat	Central	Tan Quee Lan Street (Bugis) (JR Fitness)	Every Mon	9:00am	10:00am	
Les Mills Bodycombat	Central	Tan Quee Lan Street (Bugis) (JR Fitness)	Every Wed	10:15am	11:15am	



Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Mat Pilates	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Wed	10:30am	11:30am	
MEGADANZ	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Wed	12:00pm	1:00pm	
MEGADANZ	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Sat	11:00am	12:00pm	
Muay Thai	Central	Sims Drive (Zen Academy)	Every Wed	8:30am	9:30am	
Muay Thai	Central	Sims Drive (Zen Academy)	Every Fri	10:10am	11:10am	
Neck, Back & Shoulder	North	Ang Mo Kio Hub (Platinum Yoga)	Every Fri	12:30pm	1:30pm	
Pilates	Central	Millenia Walk TFX (True Fitness)	Every Sun	8:30am	9:30am	
Pilates	Central	Peace Centre, #06-13 (Bencoolen) (360 Fitness)	Every Fri	12:00pm	1:00pm	
Pilates	North	Djitsun Mall @ AMK (True Fitness)	Every Mon	7:10am	8:10am	
Pilates (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Tue	12:30pm	1:30pm	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Pilates (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Fri	12:30pm	1:30pm	
Pilates (Hybrid)	Central	Parkway Centre (Platinum Yoga)	Every Sun	12:15pm	1:15pm	
Piloxing	Central	Aperia Mall (Trium Fitness)	Every Tue	8:30am	9:30am	
Piloxing	Central	Clarke Quay (Artistate Dance Studio)	Every Mon	10:30am	11:30am	
Piloxing	Central	Peace Centre, #06-13 (Bencoolen) (360 Fitness)	Every Thu	12:00pm	1:00pm	
Piloxing	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Sun	1:15pm	2:15pm	
Piloxing (Hybrid)	Central	Aperia Mall (Trium Fitness)	Every Mon	4:30pm	5:30pm	
Piloxing (Hybrid)	Central	Pasir Panjang (Bailemos)	Every Tue	10:30am	11:30am	
Piloxing (Hybrid)	Central	Pasir Panjang (Bailemos)	Every Sun	9:00am	10:00am	
Piloxing SSP	North	190 Ang Mo Kio Ave 8, Dance Studio L2 (The Grassroots' Club)	Every Wed	7:30am	8:30am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Pop-Pilates	Central	Revenue House (Trilogic Fitness)	Every Thu	7:45am	8:45am	
Pound Fit	Central	261 Waterloo Street (Bugis) (Bolly Dancing Studio)	Every Mon	8:30am	9:30am	
Reshape	West	Rifle Range Road (Equip Fitness)	Every Sat	8:00am	9:00am	
Restorative Yoga	West	Westgate Tower (Platinum Yoga)	Every Fri	1:00pm	2:00pm	
Sculpt Yoga	Central	Prinsep Street (Jyan Yoga)	Every Tue	8:30am	9:30am	
Shape Yoga (Hybrid)	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Fri	8:30am	9:30am	
Sparkd Fit	Central	The Herencia (SPARKD)	Every Tue	10:15am	11:15am	
Sparkd Fit	Central	The Herencia (SPARKD)	Every Fri	10:15am	11:15am	
Spin Class	Central	Millenia Walk TFX (True Fitness)	Every Thu	9:30am	10:30am	
Spin Class	Central	Millenia Walk TFX (True Fitness)	Every Sat	8:40am	9:40am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Strength 360	West	Lor Kilat (The Garage)	Every Mon	11:00am	12:00pm	
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Mon	9:30am	10:30am	
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Mon	10:45am	11:45am	
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Wed	9:30am	10:30am	
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Wed	10:45am	11:45am	
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Fri	9:30am	10:30am	
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Fri	10:45am	11:45am	
Strength Class	Central	2 College Road, Medical Alumni Association Building (GritYard)	Every Thu	11:00am	12:00pm	
Stretch Yoga	Central	Prinsep Street (Jyan Yoga)	Every Wed	8:30am	9:30am	
Stretch Yoga (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Thu	12:30pm	1:30pm	

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Stretch Yoga (Virtual)	Central	Sign up via <a href="http://www.eventbrite.com/o/active-global-fitness-32707334825">www.eventbrite.com/o/active-global-fitness-32707334825</a>	Every Mon	8:30am	9:30am	
Strong Nation	Central	Hometeam NS Balestier - JOM (ActivFitness)	Every Thu	10:00am	11:00am	
Sun Salutation	East	Tampines Plaza 1, #06-02 Tampines Point (Trust Yoga)	Every Mon	8:00am	9:00am	
Sun Series (Hybrid)	Central	HarbourFront (True Fitness)	Every Sat	11:30am	12:30pm	
Sunrise Yoga	Central	Suntec City Mall (Platinum Yoga)	Every Mon	7:45am	8:45am	
Sunrise Yoga (Hybrid)	Central	Suntec City Mall (Platinum Yoga)	Every Tue	7:45am	8:45am	
Supafresh	Central	Hometeam NS Balestier - JOM (ActivFitness)	Every Wed	9:00am	10:00am	
The Mix by Piloxing	Central	Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio)	Every Tue	8:00am	9:00am	
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Mon	1:00pm	2:00pm	
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Tue	7:45am	8:45am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Tue	1:00pm	2:00pm	
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Wed	1:15pm	2:15pm	
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Thu	7:30am	8:30am	
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Fri	7:45am	8:45am	
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Fri	1:00pm	2:00pm	
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Sat	9:45am	10:45am	
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Sun	10:15am	11:15am	
Vinyasa Yoga	Central	Chinatown (Yogapoint)	Every Thu	11:30am	12:30pm	
Vinyasa Yoga	Central	Suntec City Mall (Platinum Yoga)	Every Sun	1:00pm	2:00pm	
Vinyasa Yoga	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Tue	12:30pm	1:30pm	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Vinyasa Yoga (Hybrid)	Central	Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga)	Every Tue	4:30pm	5:30pm	
Vinyasa Yoga (Hybrid)	East	Income @ Tampines (True Fitness)	Every Sun	9:50am	10:50am	
Yin Yang Yoga	Central	Chinatown (Yogapoint)	Every Thu	10:15am	11:15am	
Yin Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Thu	10:00am	11:00am	
Yin Yoga (Hybrid)	Central	Chinatown (Yogapoint)	Every Tue	10:15am	11:15am	
Yin Yoga (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Sun	12:00pm	1:00pm	
Yoga & Relaxation	Central	Chinatown (Yogapoint)	Every Mon	9:00am	10:00am	
Yoga & Wellness	Central	Chinatown (Yogapoint)	Every Fri	9:00am	10:00am	
Yoga Core	Central	Parkway Centre (Platinum Yoga)	Every Wed	7:15am	8:15am	
Yoga Flow	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Wed	7:30am	8:30am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Yoga Flow	Central	HarbourFront (True Fitness)	Every Wed	8:50am	9:50am	
Yoga Flow (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Mon	10:30am	11:30am	
Yoga for Back Pain	Central	Chinatown (Yogapoint)	Every Wed	10:15am	11:15am	
Yoga for Neck & Shoulder	Central	Chinatown (Yogapoint)	Every Wed	11:30am	12:30pm	
Yoga for Weight Loss	Central	Chinatown (Yogapoint)	Every Fri	10:15am	11:15am	
Yoga Stretch	Central	Toa Payoh (Real Yoga)	Every Tue	8:30am	9:30am	
Yoga Stretch	Central	Urban Den (True Fitness)	Every Tue	7:10am	8:10am	
Yoga Stretch (Hybrid)	Central	Chinatown (Yogapoint)	Every Thu	9:00am	10:00am	
Yoga Stretch (Hybrid)	Central	Urban Den (True Fitness)	Every Fri	7:30am	8:30am	
Yoga Therapy	Central	Toa Payoh (Real Yoga)	Every Thu	8:30am	9:30am	



Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Yoga Tone	North	Ang Mo Kio Hub (Platinum Yoga)	Every Tue	8:30am	9:30am	
Yoga Tone	West	Westgate Tower (Platinum Yoga)	Every Sun	1:00pm	2:00pm	
Yogalates	Central	Suntec City Mall (Platinum Yoga)	Every Sat	1:00pm	2:00pm	
Yogalates (Hybrid)	Central	Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga)	Every Thu	12:30pm	1:30pm	
Yogalates (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Wed	12:30pm	1:30pm	
Zumba	Central	Clarke Quay (Artistate Dance Studio)	Every Wed	12:00pm	1:00pm	
Zumba	Central	Pasir Panjang (Bailemos)	Every Wed	9:30am	10:30am	
Zumba	East	Income @ Tampines (True Fitness)	Every Sun	8:20am	9:20am	
Zumba (Hybrid)	Central	Aperia Mall (Trium Fitness)	Every Wed	9:30am	10:30am	
Zumba (Hybrid)	Central	Aperia Mall (Trium Fitness)	Every Thu	10:00am	11:00am	

Activity	Area	Venue	Day of month	Start Time	End Time	Remarks
Zumba (Hybrid)	Central	Aperia Mall (Trium Fitness)	Every Fri	11:00pm	12:00pm	
Zumba (Hybrid)	Central	Pasir Panjang (Bailemos)	Every Tue	9:00am	10:00am	
Zumba (Hybrid)	North	Djitsun Mall @ AMK (True Fitness)	Every Sun	8:20am	9:20am	
Zumba Fitness	Central	Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio)	Every Tue	10:00am	11:00am	
Zumba Fitness	Central	Tan Quee Lan Street (Bugis) (JR Fitness)	Every Mon	10:15am	11:15am	
Zumba Toning	Central	Tan Quee Lan Street (Bugis) (JR Fitness)	Every Wed	9:00am	10:00am	