Level 4 Garden TerraceEvery Saturday6.30pm to 7.30pmZumba (2nd & 4th Sat)Waterway PointLast Saturday & Sunday of the month9am to 10amPiloxingJurong Point Shopping CentreEvery Sunday9am to 10amZumba (1st, 3rd & 5th Sun)Sheltered space outside UOBEvery Sunday9am to 10amZumba (1st, 3rd & 5th Sun)Bukit Panjang PlazaIst & 3rd Sunday of the month10am to 11amKickboxing	Mall Workout	Mall Workout 2018 Schedule	Updated as at	18/9/2018
Level 2 (per hasa (outdoor area)Elaring form Juky 2021)Point 0 8pmKoopk Titese (2 and Mol) Vanite 0 8pmBerrey LatitumLext 2 Mondays of the monthJun to 8pmSurpha Latitum Annea 0 11 11 11 11 11 11 11 11 11 11 11 11 1	Venue	Day	Time	Activity
Level 3 Development ParaDistring from Jury 2019Prove Application (London) Application (London) Applicati	Kinex (formerly OneKM Shopping Mall)	First 2 Mondays of the month		Zumba (1st Mon)
Basement 1. ActionLett 2. Monopy of the month7bm to 8pmJumba (Last Mon)Basement 1 The Star PlanaEvery Monday2.30pm to 8.30pm8.40boordNewStart PlanaEvery Monday of the month7pm to 8pmJumba (Samo)New CharlesStarting from August 2018)7pm to 8pmZunhaArrium Sace Toter main Entrance )Ist 8.3 and Tunday of the month7pm to 8pmZunhaConsultation East MEMONEvery Tunday2pm to 8pmZunha (Samo) (Samo) (Samo)Zunha (Samo)	Level 1 Open Plaza (outdoor area)	(Starting from July 2018)	7pm to 8pm	KpopX Fitness (2nd Mon)
alamenter 1 Anzum Baserner 1 The Sar Visco Baserner 1 The Sar Visco	United Square Shopping Mall			KpopX Fitness (2nd last Mon)
Basement 1 The Star Plaza     Devery Moday     7 Joom to 8 Joom     Relationary       Nex     Ist & 3 dt Monday of the month     7pm to 8pm     Zumba       Nex (MWM*)     2nd & 4th Monday of the month     7pm to 8pm     Zumba       Attuin Space (near main tertrance )     1st & 3 dt Tuesday of the month     7pm to 8pm     Zumba       Outdoor area at entrance opposite to MRT     1st & 3 dt Tuesday of the month     7pm to 8pm     Piloling (1st Tues)       Outdoor area at entrance opposite to MRT     1st & 3 dt Tuesday of the month     7pm to 8pm     Piloling (1st Tues)       Outdoor area at entrance opposite to MRT     1st & 3 dt Tuesday of the month     2pm to 8pm     Piloling (1st Tues)       Outdoor Cast At Level 3     Every Tuesday     7pm to 8pm     Rickardoo       Outdoor Cast At Level 3     Every Tuesday     7pm to 8pm     Rickardoo       Outdoor Cast At Level 3     Cuery Wednesday of the month     63pm to 7.30pm     Rickardoor Rickardoor       Fore Thank     Every Tuesday     7pm to 8pm     Rickardoor Rickardo	Basement 1 Atrium	Last 2 Mondays of the month	7pm to 8pm	Zumba (Last Mon)
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nex Event Plaza Basement 2 (new rod Republic)154 & 35 Monday of the month (Sarting from August 2018)Point 0 8pmZumbaArcum Space (nex main Entrance )(Sarting from August 2018)Point 0 8pmZumbaOutdoor ans at entrance opposite to MAT154 & 37d Tuesday of the month (Sarting from June 2018)Point 0 8pmZumbaOutdoor ans at entrance opposite to MAT154 & 37d Tuesday of the month (Sarting from June 2018)Point 0 8pmZumba (Sarting Tues)Unal Source (Lard Ex Entrance)Every TuesdayZom to 8pmRelaxing (Sarting Tues)Unal Source (Sarting Form June 2018)Zom to 8pmRelaxing (Sarting Tues)Zom to 8pmUnal Source (Sarting Form June 2018)Zom to 8pmRelaxing (Sarting Tues)Zom to 8pmUnal Source (Sarting Form June 2018)Zom to 8pmRelaxing (Sarting Tues)Zom to 8pmUnal Source (Sarting Form June 2018)Zom to 8pmRelaxing (Sarting Tues)Zom to 8pmUnal Source (Sarting Form June 2018)Zom to 8pmRelaxing (Sarting Tues)Zom to 8pmUnal Source (Sarting Form June 2018)Zom to 8pmRelaxing (Sarting Tom June 2018)Zom to 8pmPom (Sarting Form June 2018)Zom to 8pmZom to 8pmZom to 8pmPom (Sarting Form June 2018)Zom to 8pmZom to 8pmRelaxing (Sarting Form June 2018)Pom (Sarting Form June 2018)Zom to 8pmZom to 8pmRelaxing (Sarting Form June 2018)Pom (Sarting Form June 2018)Zom to 8pmZom to 8pmRelaxing (Sarting Form June 2018)Pom (Sarti	Basement 1 The Star Plaza	Every Monday	7.30pm to 8.30pm	Kickboxing
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Newnel Pitar MBW*     206 & HM Monday of the month     7µm to 8µm     2µmba       Stor Pitar Autom Space (new main first new possible to MBT     1st & 3rd Tuesday of the month     7µm to 8µm     Zumba       Stor Pitar Autom Space (new possible to MBT     1st & 3rd Tuesday of the month     7µm to 8µm     Zumba (Stor Tues)       Downtoor tast MEW*     1st & 3rd Tuesday of the month     7µm to 8µm     Xpopt Stores)       MMA     Store Pitar at level 3     Every Tuesday     7µm to 8µm     Xpopt Stores)       Lot One Storpers' Mail     Every Tuesday     Zpopt to 8µm     Xpopt Stores)     Xpopt Stores)       Lot One Storpers' Mail     Every Tuesday     Zpom to 8µm     Xpopt Stores)     Xpopt Stores)       Lot One Store Touties McDonald's)     Every Wednesday     Zpm to 8µm     Xpopt Stores)     Xpopt Stores)       Level 1 Abin Store Touties McDonald's)     Every Wednesday of the month     Stopm to 7.30pm     Xpopt Stores)       Contoar Court, Level 1     Tist & 3rd Wednesday of the month     Stopm to 7.30pm     Stopm to 7.30pm       Level 1 Abindoor Area (in fort of O Namma Mu)     List & 3rd Wednesday of the month     Stopm to 8.30pm to 7.30pm     Stopm to 8.30pm to 7.30pm       Level 2 Acting	nex Event Plaza, Basement 2 (near Food Republic)	1st & 3rd Monday of the month	7pm to 8pm	Zumba
Actum Save (near main fitting)     (Starting from August 2015)     Part Mark     Part August       Actum Save (near main fitting)     14: 8: 3rd Tuesday of the month     7pm to 8pm     Piloang (1st Tues)       Quido are at entrance opposite to MRT     15: 8: 3rd Tuesday of the month     7pm to 8pm     Piloang (1st Tues)       Level 1: New Y     Every Tuesday     7pm to 8pm     Piloang (1st Tues)       Quido are at entrance     Every Tuesday     7pm to 8pm     Piloang (1st Tues)       Quido are at entrance     Every Tuesday     7pm to 8pm     Piloang       Quido are at entrance     Every Tuesday     7pm to 8pm     Piloang       Quido Area     Every Tuesday     7pm to 8pm     Piloang     Carbon       Quido Area     Every Wednesday     7pm to 8pm     Zumba     Piloang (1st Wed)       Quido Area     Inforto Area     Inforto Area     Piloang (1st Wed)     Piloang (1st Wed)       Quido Area     Inforto Area     Inforto Area     Piloang (1st Wed)     Piloang (1st Wed)       Quido Area     Inforto Area     Inforto Area     Piloang (1st Wed)     Piloang (1st Wed)       Quido Area     Inforto Area		2nd & 4th Monday of the month		
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Level 1, Open space outside KFC2nd & 4th Saturday of the month9.30am to 10.30amK-Kardio (4th Sat)Hougang 1 Outdoor Event Space2nd & 4th Saturday of the month6pm to 7pmKpopX FitnessBedok Point Level 4 Garden TerraceEvery Saturday6.30pm to 7.30pmKpopX Fitness (1st, 3rd & 5th Sat)Waterway Point The Plaza @ B1Last Saturday & Sunday of the month9am to 10amPiloxingJurong Point Shopping Centre Sheltered space outside UOBEvery Sunday9am to 10amZumba (1st, 3rd & 5th Sun) KpopX Fitness (2nd & 4th San)Bukit Panjang Plaza Garden Plaza, Level 41st & 3rd Sunday of the month10am to 11amKickboxing			1	
Level 1, Open space outside KFC   K-Kardio (4th Sat)     Hougang 1   2nd & 4th Saturday of the month   6pm to 7pm   KpopX Fitness     Bedok Point   Every Saturday   6.30pm to 7.30pm   KpopX Fitness (1st, 3rd & 5th Saturday & 5th		2nd & 4th Saturday of the month	9.30am to 10.30am	. ,
Outdoor Event Space2nd & 4th Saturday of the month6pm to 7pmKpopX FitnessBedok PointEvery Saturday6.30pm to 7.30pmKpopX Fitness (1st, 3rd & 5th Si Zumba (2nd & 4th Sat)Waterway PointLast Saturday & Sunday of the month9am to 10amPiloxingJurong Point Shopping CentreEvery Sunday9am to 10amZumba (1st, 3rd & 5th Sun) KpopX Fitness (2nd & 4th Sat)Sheltered space outside UOBEvery Sunday9am to 10amKickboxingBukit Panjang Plaza Garden Plaza, Level 41st & 3rd Sunday of the month10am to 11amKickboxing				K-Kardio (4th Sat)
Outdoor Event Space   Automation   Automation     Bedok Point   Every Saturday   6.30pm to 7.30pm   KpopX Fitness (1st, 3rd & 5th Saturday (2nd & 4th Sat)     Waterway Point   Last Saturday & Sunday of the month   9am to 10am   Piloxing     Jurong Point Shopping Centre   Every Sunday   9am to 10am   Zumba (1st, 3rd & 5th Sun)     Sheltered space outside UOB   Every Sunday of the month   9am to 10am   Kickboxing     Bukit Panjang Plaza   1st & 3rd Sunday of the month   10am to 11am   Kickboxing		2nd & 4th Saturday of the month	6pm to 7pm	KpopX Fitness
Level 4 Garden TerraceEvery Saturday6.30pm to 7.30pmZumba (2nd & 4th Sat)Waterway Point The Plaza @ B1Last Saturday & Sunday of the month9am to 10amPiloxingJurong Point Shopping Centre Sheltered space outside UOBEvery Sunday9am to 10amZumba (1st, 3rd & 5th Sun) KpopX Fitness (2nd & 4th Sun)Bukit Panjang Plaza Garden Plaza, Level 41st & 3rd Sunday of the month10am to 11amKickboxing			1	
Level 4 Garden Terrace   Zumba (2nd & 4th Sat)     Waterway Point   Last Saturday & Sunday of the month   9am to 10am   Piloxing     The Plaza @ B1   Last Saturday & Sunday of the month   9am to 10am   Piloxing     Jurong Point Shopping Centre   Every Sunday   9am to 10am   Zumba (1st, 3rd & 5th Sun)     Sheltered space outside UOB   Every Sunday   9am to 10am   Kickboxing     Bukit Panjang Plaza   1st & 3rd Sunday of the month   10am to 11am   Kickboxing     Changi City Point   Every Sunday   Every Sunday   Every Sunday   Every Sunday		Every Saturday	6.30pm to 7.30pm	KpopX Fitness (1st, 3rd & 5th Sat)
The Plaza @ B1 Last Saturday & Sunday of the month Sam to 10am Piloxing   Jurong Point Shopping Centre Every Sunday 9am to 10am Zumba (1st, 3rd & 5th Sun)   Sheltered space outside UOB Every Sunday 9am to 10am KpopX Fitness (2rd & 4th Sun)   Bukit Panjang Plaza 1st & 3rd Sunday of the month 10am to 11am Kickboxing   Changi City Point Interview Interview Interview Interview		,,	,	Zumba (2nd & 4th Sat)
The Plaza @ B1 Image: Constraint of the plaza @ B1   Jurong Point Shopping Centre Every Sunday   Sheltered space outside UOB Every Sunday   Bukit Panjang Plaza 1st & 3rd Sunday of the month   Garden Plaza, Level 4 10am to 11am		Last Saturday & Sunday of the month	9am to 10am	Piloxing
Sheltered space outside UOB Every Sunday Sam to 10am KpopX Fitness (2nd & 4th Sun)   Bukit Panjang Plaza 1st & 3rd Sunday of the month 10am to 11am Kickboxing   Garden Plaza, Level 4 Changi City Point 0 0				
Sheltered space outside UOB KpopX Fitness (2nd & 4th Sun)   Bukit Panjang Plaza 1st & 3rd Sunday of the month 10am to 11am Kickboxing   Garden Plaza, Level 4 Changi City Point Image: City Point Image: City Point		Every Sunday	9am to 10am	
Garden Plaza, Level 4 1st & 3rd Sunday of the month 10am to 11am Kickboxing				KpopX Fitness (2nd & 4th Sun)
Garden Plaza, Level 4		1st & 3rd Sunday of the month	10am to 11am	Kickboxing
I Changi City Point				
1 2nd & 4th Sunday of the month 16nm to 7nm 16non Liness	Changi City Point	2nd & 4th Sunday of the month	6pm to 7pm	KpopX Fitness
Level 1 Open Plaza	Level 1 Open Plaza			

\* Exercise session locations are indicated as the above table unless stated in the respective months' calendar.

Mall Workout - Oct 2018 \*\*Sessions are subject to changes. Please refer to announcements at https://www.facebook.com/minmedgroup/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Kinex ~ Zumba	AMK Hub ~ Piloxing	Velocity ~ Piloxing	West Mall ~ Zumba	JCube ~ K-Kardio	Parkway Parade~ Zumb
	(7 - 8pm)*	(7 - 8pm)	(6.30 - 7.30pm)	(6.30 - 7.30pm)	(7 - 8pm)	, (6 - 7pm)
	Nex ~ Zumba	IMM ~ KpopX (7 - 8pm)	Jem ~ KpopX	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Hougang Mall ~ Zumba
	(7 - 8pm)		(6.30 - 7.30pm)	(6.30 - 7.30pm)		(6 - 7pm)
	Star Vista ~ Kickboxing (7.30	Sun Plaza ~ Zumba	Tampines Mall ~	Hillion Mall ~ Zumba	East Point ~ Zumba	Bedok Pt ~ KpopX
	- 8.30pm)	(7.30 - 8.30pm)	Kickboxing (7 - 8pm)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)
		Lot 1 ~ K-Kardio	Clementi Mall ~ Zumba	Tiong Bahru Plaza ~ Piloxing		
		(7.30 - 8.30pm)	(7 - 8pm)	(7 - 8pm)		
		Downtown East ~ Piloxing	l12Katong ~ K-Kardio			
		(7 - 8pm)	(7.30 - 8.30pm)			
	8	9	10	11	12	13
ırong Pt~ Zumba	Kinex ~ KpopX	AMK Hub ~ Piloxing	Velocity ~ Fight Do	Raffles Holland V ~	JCube ~ K-Kardio	White Sands ~ Zumba
- 10am)	(7 - 8pm)*	(7 - 8pm)	(6.30 - 7.30pm)	Zumba (6.30 - 7.30pm)	(7 - 8pm)	(9.30 - 10.30am)
t Panjang Plaza ~	Rivervale Plaza ~ Zumba	IMM ~ KpopX (7 - 8pm)	Jem ~ KpopX	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Hougang 1 ~ KpopX
ckboxing (10- 11am)	(7 - 8pm)		(6.30 - 7.30pm)	(6.30 - 7.30pm)		(6 - 7pm)
	Star Vista ~ Kickboxing	Zhongshan Mall ~ Zumba	Tampines Mall ~	Tampines 1 ~ Piloxing	Hougang Mall ~ Piloxing (7-	Bedok Pt ~ Zumba
	(7.30 - 8.30pm)	(6.30- 7.30pm)	Kickboxing (7 - 8pm)	<del>(7 - 8pm)</del> CANCELLED	8pm)	(6.30 - 7.30pm)
		Lot 1 ~ K-Kardio	Thomson Plaza ~ Zumba	Hillion Mall ~ Zumba		
		(7.30 - 8.30pm)	(7- 8pm)	(7 - 8pm)		
				Tiong Bahru Plaza ~ KpopX		
				(7 - 8pm)		
4	15	16	17	18	19	20
rong Pt~ KpopX	Nex ~ Zumba	AMK Hub ~ Piloxing	Јет ~ КрорХ	West Mall ~ Zumba	JCube ~ K-Kardio	Parkway Parade~ Zumb
- 10am)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)	(6.30 - 7.30pm)	(7 - 8pm)	(6 - 7pm)
hangi City Pt ~ KpopX	Star Vista ~ Kickboxing	IMM ~ KpopX (7 - 8pm)	Tampines Mall ~	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Hougang Mall ~ Zumba
5 - 7pm)	(7.30 - 8.30pm)		Kickboxing (7 - 8pm)	(6.30 - 7.30pm)		(6 - 7pm)
. ,		Sun Plaza ~ Zumba	Clementi Mall ~ Zumba	Hillion Mall ~ Zumba	East Point ~ Kickboxing	Bedok Pt ~ KpopX
		(7.30 - 8.30pm)	(7 - 8pm)	(7 - 8pm)	- (7 - 8pm)	(6.30 - 7.30pm)
		Lot 1 ~ K-Kardio	I12Katong ~ K-Kardio	Tiong Bahru Plaza ~ Piloxing		,
		(7.30 - 8.30pm)	(7.30 - 8.30pm)	(7 - 8pm)		
		Downtown East ~ Zumba		1 - F 7		
		(7 - 8pm)				
1	22	23	24	25	26	27
rong Pt~ Zumba	United Sq ~ KpopX	AMK Hub ~ Piloxing	Jem ~ KpopX	Raffles Holland V ~	JCube ~ K-Kardio	Waterway Pt ~ Piloxing
9- 10am)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)	Zumba (6.30 - 7.30pm)	(7 - 8pm)	(9- 10am)
						· · · · ·
t Panjang Plaza ~ iskbaying (10, 11am)	Rivervale Plaza ~ Zumba	IMM ~ KpopX (7 - 8pm)	Tampines Mall ~	City Sq~ Zumba	J8 ~ КрорХ (7 - 8pm)	White Sands ~ K-Kardio
ickboxing (10- 11am)	(7 - 8pm)		Kickboxing (7 - 8pm)	(6.30 - 7.30pm)		(9.30 - 10.30am)
	Star Vista ~ Kickboxing	Zhongshan Mall ~ Zumba	Thomson Plaza ~ Zumba	Tampines 1 ~ Piloxing	Hougang Mall ~ Piloxing (7-	Hougang 1 ~ KpopX
	<del>(7.30 - 8.30pm)</del> CANCELLED	(6.30- 7.30pm)	(7- 8pm)	(7 - 8pm)	8pm)	(6 - 7pm)
		Lat 1 or K Kanalia				Dedals Of with the
		Lot 1 ~ K-Kardio		Hillion Mall ~ Zumba		Bedok Pt ~ Zumba
		(7.30 - 8.30pm)		<mark>(7 - 8pm)</mark> Tiong Pahru Plaza ~		(6.30 - 7.30pm)
				Tiong Bahru Plaza ~		
				КрорХ (7 - 8рт)*		
8	29	30	31			
	United Sq ~ Zumba	AMK Hub ~ Piloxing *	Jem ~ КрорХ			
/aterway Pt ~ Piloxing			(6.30 - 7.30pm)			
	(7 - 8pm)	(7 - 8pm)	(0.30 - 7.30pm)			
/aterway Pt ~ Piloxing	(7 - 8pm) Star Vista ~ Kickboxing (7.30	(7 - 8pm) <mark>IMM ~ KpopX (7 - 8pm)</mark>	Tampines Mall ~			
′aterway Pt ~ Piloxing ⊢ 10am)		· · · · ·				
′aterway Pt ~ Piloxing - 10am) rong Pt∼ KpopX	Star Vista ~ Kickboxing (7.30	· · · · ·	Tampines Mall ~			

Notes:

AMK Hub - the exercise venue on 30 Oct will be located at the sheltered walkway beside main entrance

Tiong Bahru Plaza - the exercise venue on 25 Oct will be located at Level 4 Rooftop

Kinex - the exercise venue on 1 and 8 Oct will be located at Level 1 Indoor Atrium

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				West Mall ~ Zumba	JCube ~ K-Kardio	Hougang Mall ~ Zumba
				(6.30 - 7.30pm)	(7 - 8pm)	(6 - 7pm)
				City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Bedok Pt ~ KpopX
				(6.30 - 7.30pm)		(6.30 - 7.30pm)
				Hillion Mall ~ Zumba	East Point ~ Zumba	
				(7 - 8pm)	(7 - 8pm)	
				Tiong Bahru Plaza ~ Piloxing		
				(7 - 8pm)		
1	5	6 Decementi	7	8	9	10
•	-	6 Deepavali	•	-	-	
urong Pt~ Zumba	Kinex ~ Zumba	AMK Hub ~ Piloxing *	Velocity ~ Piloxing	Raffles Holland V ~	JCube ~ K-Kardio	White Sands ~ Zumba
9- 10am)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)	Zumba (6.30 - 7.30pm)	(7 - 8pm)	(9.30 - 10.30am)
It Panjang Plaza ~	Nex ~ Zumba	IMM ~ KpopX (7 - 8pm)	Јет ~ КрорХ	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Hougang 1 ~ KpopX
ickboxing (10- 11am)	(7 - 8pm)		(6.30 - 7.30pm)	(6.30 - 7.30pm)		(6 - 7pm)
	Star Vista ~ Kickboxing (7.30	<del>Sun Plaza ~ Zumba-</del>	Tampines Mall ~	Tampines 1 ~ Piloxing	Hougang Mall ~ Piloxing (7-	Bedok Pt ~ Zumba
	- 8.30pm)	<del>(7.30 - 8.30pm)</del> CANCELLED	Kickboxing (7 - 8pm)	(7 - 8pm)	8pm)	(6.30 - 7.30pm)
		Lot 1 ~ K-Kardio	Clementi Mall ~ Zumba	Hillion Mall ~ Zumba		
		(7.30 - 8.30pm)	(7 - 8pm)	(7 - 8pm)		
		Downtown East ~ Piloxing	<del>I12Katong ~ K-Kardio</del>	Tiong Bahru Plaza ~ KpopX		
		<del>(7 - 8pm)</del> CANCELLED	(7.30 - 8.30pm) CANCELLED	(7 - 8pm)		
			(7.50 0.50pm) CANCELLED	(, opin)		
1	12	13	14	15	16	17
urong Pt~ KpopX	Kinex ~ KpopX	AMK Hub ~ Piloxing *	Velocity ~ Fight Do	West Mall ~ Zumba	JCube ~ K-Kardio	Hougang Mall ~ Zumbo
9- 10am)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)	(6.30 - 7.30pm)	(7 - 8pm)	(6 - 7pm)
Changi City Pt ~ KpopX	Rivervale Plaza ~ Zumba	IMM ~ KpopX (7 - 8pm)	Jem ~ KpopX	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Bedok Pt ~ KpopX
		πνινι κρορχ (γ - δριτη		(6.30 - 7.30pm)	38 κρορχ (7 - δρίη)	
6 - 7pm)	(7 - 8pm)	Zhongshan Mall ~ Zumba	(6.30 - 7.30pm)		Frat Daint & Kieldenning	(6.30 - 7.30pm)
	Star Vista ~ Kickboxing		Tampines Mall ~	Hillion Mall ~ Zumba	East Point ~ Kickboxing	
	(7.30 - 8.30pm)	(6.30- 7.30pm)	Kickboxing (7 - 8pm)	(7 - 8pm)	(7 - 8pm)	
		Lot 1 ~ K-Kardio	Thomson Plaza ~ Zumba	Tiong Bahru Plaza ~ Piloxing		
		(7.30 - 8.30pm)	(7- 8pm)	(7 - 8pm)		
.8	19	20	21	22	23	24
urong Pt~ Zumba	<del>Nex ~ Zumba</del>	AMK Hub ~ Piloxing *	Јет ~ КрорХ	Raffles Holland V ~	JCube ~ K-Kardio	Waterway Pt ~ Piloxing
9- 10am)	<del>(7 - 8pm)</del> CANCELLED	(7 - 8pm)	(6.30 - 7.30pm)	Zumba (6.30 - 7.30pm)	(7 - 8pm)	(9- 10am)
Bt Panjang Plaza ~	United Sg ~ KpopX	IMM ~ KpopX (7 - 8pm)	Tampines Mall ~	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	White Sands ~ K-Kardio
	<del>(7 - 8pm)</del> CANCELLED		· · · · · · · · · · · · · · · · · · ·	(6.30 - 7.30pm)		(9.30 - 10.30am)
(ickboxing (10- 11am)			Kickboxing (7 - 8pm)			· /
	Star Vista ~ Kickboxing (7.30		Clementi Mall ~ Zumba	Tampines 1 ~ Piloxing	Hougang Mall ~ Piloxing (7-	Hougang 1 ~ KpopX
	- 8.30pm)	<del>(7.30 - 8.30pm)</del> CANCELLED	(7 - 8pm)	(7 - 8pm)	8pm)	(6 - 7pm)
		Lat A at K Kanal		William Marthew 7 1		
		Lot 1 ~ K-Kardio	<del>I12Katong ~ K-Kardio</del>	Hillion Mall ~ Zumba		Bedok Pt ~ Zumba
	(7.30 - 8.30pm)	<del>(7.30 - 8.30pm)</del> CANCELLED	(7 - 8pm)		(6.30 - 7.30pm)	
		<del>Downtown East ∼ Zumba-</del>		Tiong Bahru Plaza ~ KpopX		
		<del>(7 - 8pm)</del> CANCELLED		(7 - 8pm)		
25	26	27	28	29	30	
Vaterway Pt ~ Piloxing	<del>United Sq ∼ Zumba</del>	AMK Hub ~ Piloxing *	Јет ~ КрорХ	City Sq~ Zumba	JCube ~ K-Kardio	
9- 10am)	<del>(7–8pm)</del> CANCELLED	(7 - 8pm)	(6.30 - 7.30pm)	(6.30 - 7.30pm)	(7 - 8pm)	
urong Pt~ KpopX	Rivervale Plaza ~ Zumba	IMM ~ КрорХ (7 - 8pm)	Tampines Mall ~	Hillion Mall ~ Zumba	J8 ~ KpopX (7 - 8pm)	
9- 10am)	(7 - 8pm)		Kickboxing (7 - 8pm)	(7 - 8pm)		
Changi City Pt ~ KpopX	Star Vista ~ Kickboxing	Zhongshan Mall ~ Zumba	Thomson Plaza ~ Zumba	Tiong Bahru Plaza ~ Piloxing		
	(7.30 - 8.30pm)	-	(7- 8pm)			
6 - 7pm)	(7.30 - 8.30pm)	(6.30- 7.30pm)	( <del>/- 8</del> pm)	(7 - 8pm)		
		Lot 1 ~ K-Kardio (7.30 - 8.30pm)		1		

Notes:

AMK Hub - the exercise venue on 6, 13, 20, 27 Nov will be located at the sheltered walkway beside main entrance

Mall Workout - Dec 2018

Updated as at 12/9/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
Naterway Pt ~ Piloxing	<del>United Sq ~ Zumba-</del>					Hougang Mall ~ Zumba
9- 10am)	(7 - 8pm) CANCELLED					(6 - 7pm)
lurong Pt~ Zumba	Star Vista ~ Kickboxing					Bedok Pt ~ KpopX
(9 - 10am)	(7.30 - 8.30pm)					(6.30 - 7.30pm)
2	3	4	5	6	7	8
lurong Pt~ Zumba	Kinex ~ Zumba	AMK Hub ~ Piloxing *	Velocity ~ Piloxing	West Mall ~ Zumba	JCube ~ K-Kardio	White Sands ~ Zumba
(9 - 10am)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)	(6.30 - 7.30pm)	(7 - 8pm)	(9.30 - 10.30am)
Bt Panjang Plaza ~	<del>Nex ~ Zumba</del>	IMM ~ KpopX (7 - 8pm)	Jem ~ КрорХ	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Hougang 1 ~ KpopX
Kickboxing (10- 11am)	<del>(7 - 8pm)</del> CANCELLED		(6.30 - 7.30pm)	(6.30 - 7.30pm)		(6 - 7pm)
	Star Vista ~ Kickboxing	Sun Plaza ~ Zumba	Tampines Mall ~	Hillion Mall ~ Zumba	East Point ~ Zumba	Bedok Pt ~ Zumba
	(7.30 - 8.30pm)	<del>(7.30 - 8.30pm)</del> CANCELLED	Kickboxing (7 - 8pm)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)
		Lot 1 ~ K-Kardio	Clementi Mall ~ Zumba	Tiong Bahru Plaza ~ Piloxing	Hougang Mall ~ Piloxing (7-	
		(7.30 - 8.30pm)	(7 - 8pm)	(7 - 8pm)	8pm)	
		Downtown East ~ Piloxing	<del>112Katong ~ K-Kardio</del>	(, Spin)	op.n/	
		(7-8pm) CANCELLED	<del>(7.30 - 8.30pm)</del> CANCELLED			
		,				
9	10	11	12	13	14	15
Jurong Pt~ KpopX	Kinex ~ KpopX	AMK Hub ~ Piloxing *	Velocity ~ Fight Do	Raffles Holland V ~	JCube ~ K-Kardio	Hougang Mall ~ Zumba
(9 - 10am)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)	Zumba (6.30 - 7.30pm)	(7 - 8pm)	(6 - 7pm)
Changi City Pt ~ KpopX	Rivervale Plaza ~ Zumba	IMM ~ KpopX (7 - 8pm)	Jem ~ КрорХ	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Bedok Pt ~ KpopX
(6 - 7pm)	(7 - 8pm)		(6.30 - 7.30pm)	(6.30 - 7.30pm)		(6.30 - 7.30pm)
	Star Vista ~ Kickboxing	Zhongshan Mall ~ Zumba	Tampines Mall ~	Tampines 1 ~ Piloxing		
	(7.30 - 8.30pm)	(6.30- 7.30pm)	Kickboxing (7 - 8pm)	(7 - 8pm)		
		Lot 1 ~ K-Kardio	Thomson Plaza ~ Zumba	Hillion Mall ~ Zumba		
		(7.30 - 8.30pm)	(7- 8pm)	(7 - 8pm)		
				Tiong Bahru Plaza ~ KpopX (7 - 8pm)		
16	17	18	19	20	21	22
lurong Pt~ Zumba	Nex ~ Zumba	AMK Hub ~ Piloxing *	Jem ~ KpopX	West Mall ~ Zumba	JCube ~ K-Kardio	White Sands ~ K-Kardio
(9 - 10am)	<del>(7 - 8pm)</del> CANCELLED	(7 - 8pm)	(6.30 - 7.30pm)	(6.30 - 7.30pm)	(7 - 8pm)	(9.30 - 10.30am)
Bt Panjang Plaza ~	Star Vista ~ Kickboxing (7.30 -		Tampines Mall ~	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Hougang 1 ~ KpopX
Kickboxing (10- 11am)	8.30pm)		Kickboxing (7 - 8pm)	(6.30 - 7.30pm)	зо крорх (У орт)	(6 - 7pm)
		<del>Sun Plaza ~ Zumba-</del>	Clementi Mall ~ Zumba	Hillion Mall ~ Zumba	East Point ~ Kickboxing	Bedok Pt ~ Zumba
		<del>(7.30 - 8.30pm)</del> CANCELLED	(7 - 8pm)	(7 - 8pm)	(7 - 8pm)	(6.30 - 7.30pm)
		(	(· · · · · /	(*	(*	(
		Lot 1 ~ K-Kardio	<del>l12Katong ~ K-Kardio</del>	Tiong Bahru Plaza ~ Piloxing	Hougang Mall ~ Piloxing (7-	
		(7.30 - 8.30pm)	<del>(7.30 - 8.30pm)</del> CANCELLED	(7 - 8pm)	8pm)	
		Downtown East ~ Zumba				
		(7-8pm) CANCELLED				
23	24	25 Christmas Day	26	27	28	29
lurong Pt~ KpopX	United Sq ~ KpopX	AMK Hub ~ Piloxing	Jem ~ KpopX	Raffles Holland V ~	JCube ~ K-Kardio	Waterway Pt ~ Piloxing
(9 - 10am)	<del>(7 - 8pm)</del> CANCELLED	<del>(7 - 8pm)</del> CANCELLED	(6.30 - 7.30pm)	Zumba (6.30 - 7.30pm)	(7 - 8pm)	(9- 10am)
Changi City Pt ~ KpopX	Star Vista ~ Kickboxing (7.30 -		Tampines Mall ~	City Sq~ Zumba	J8 ~ KpopX (7 - 8pm)	Bedok Pt ~ KpopX
(6 - 7pm)	8.30pm)	CANCELLED	Kickboxing (7 - 8pm)	(6.30 - 7.30pm)		(6.30 - 7.30pm)
		Zhongshan Mall ~ Zumba	Thomson Plaza ~ Zumba	Tampines 1 ~ Piloxing		
		<del>(6.30–7.30pm)</del> CANCELLED	(7- 8pm)	(7 - 8pm)		
		Lot 1 ~ K-Kardio		Hillion Mall ~ Zumba		
		<del>(7.30 - 8.30pm)</del> CANCELLED		(7 - 8pm)		
		(7.30 0.30pm) CANCELED		(, opin)		
				Tiong Bahru Plaza ~ KpopX		
				(7 - 8pm)		1

Notes:

AMK Hub - the exercise venue on 4, 11, 18 Dec will be located at the sheltered walkway beside main entrance