

Mall Workout
Mall Workout 2018 Schedule
Updated as at 18/9/2018

Venue	Day	Time	Activity
Kinex (formerly OneKM Shopping Mall) Level 1 Open Plaza (outdoor area)	First 2 Mondays of the month (Starting from July 2018)	7pm to 8pm	Zumba (1st Mon) KpopX Fitness (2nd Mon)
United Square Shopping Mall Basement 1 Atrium	Last 2 Mondays of the month	7pm to 8pm	KpopX Fitness (2nd last Mon) Zumba (Last Mon)
The Star Vista Basement 1 The Star Plaza	Every Monday	7.30pm to 8.30pm	Kickboxing
Nex nex Event Plaza, Basement 2 (near Food Republic)	1st & 3rd Monday of the month	7pm to 8pm	Zumba
Rivervale Plaza *NEW* Atrium Space (near main Entrance)	2nd & 4th Monday of the month (Starting from August 2018)	7pm to 8pm	Zumba
Sun Plaza Outdoor area at entrance opposite to MRT	1st & 3rd Tuesday of the month	7pm to 8pm	Zumba
Downtown East *NEW* Level 2 Event Square	1st & 3rd Tuesday of the month (Starting from June 2018)	7pm to 8pm	Piloxing (1st Tues) Zumba (3rd Tues)
IMM Garden Plaza at Level 3	Every Tuesday	7pm to 8pm	KpopX Fitness
Lot One Shoppers' Mall Level 5 Roof Garden	Every Tuesday	7.30pm to 8.30pm	K-Kardio
AMK Hub Level 1 Main Entrance	Every Tuesday	7pm to 8pm	Piloxing
Zhongshan Mall Zhongshan Park	2nd & 4th Tuesday of the month	6.30pm to 7.30pm	Zumba
Jem Level 1 Jem Street (Outside McDonald's)	Every Wednesday	6.30pm to 7.30pm	KpopX Fitness
Tampines Mall Open Plaza, Level 4	Every Wednesday	7pm to 8pm	Kickboxing
The Clementi Mall Level 1 Outdoor Area (In front of O Mamma Mia)	1st & 3rd Wednesday of the month	7pm to 8pm	Zumba
Velocity Outdoor Court, Level 1	First 2 Wednesdays of the month	6.30pm to 7.30pm	Piloxing (1st Wed) Fight Do (2nd Wed)
I12 Katong Level 2 Atrium	1st & 3rd Wednesday of the month	7.30pm to 8.30pm	K-Kardio
West Mall Level 1 (Outdoor sidewalk area beside Jade Condominium)	1st & 3rd Thursday of the month	6.30pm - 7.30pm	Zumba
Thomson Plaza *NEW* Concourse Area (near DBS)	2nd & 4th Wednesday of the month (Starting from June 2018)	7pm to 8pm	Zumba
Tiong Bahru Plaza Level 1 outdoor area (outside UOB)	Every Thursday	7pm to 8pm	Piloxing (1st, 3rd and 5th Thurs) KpopX Fitness (2nd & 4th Thurs)
Tampines 1 Rooftop	2nd & 4th Thursday of the month	7pm to 8pm	Piloxing
Raffles Holland V Sky Terrace (Roof) accessible via FL/EL1 Lift	2nd & 4th Thursday of the month	6.30pm to 7.30pm	Zumba
City Square Mall Basement 1 Fountain Square	Every Thursday	6.30pm to 7.30pm	Zumba
Hillion Mall MRT Plaza (near the MRT entrance)	Every Thursday	7pm to 8pm	Zumba
JCube Level 5 J-Stage	Every Friday	7pm to 8pm	K-Kardio
Junction 8 Level 3 Roof Garden	Every Friday	7pm to 8pm	KpopX Fitness
Eastpoint Mall At Level 1 Open Space (between Macdonald and KFC)	1st & 3rd Friday of the month	7pm to 8pm	Zumba (1st Fri) Kickboxing (3rd Fri)
Hougang Mall Level 5 Rooftop Terrace	2nd & 4th Friday of the month 1st & 3rd Saturday of the month	7pm to 8pm (Fri) 6pm to 7pm (Sat)	Piloxing (Fri) Zumba (Sat)
Parkway Parade Level 1 Outdoor area in front of Din Tai Fung	1st & 3rd Saturday of the month	6pm to 7pm	Zumba
White Sands Level 1, Open space outside KFC	2nd & 4th Saturday of the month	9.30am to 10.30am	Zumba (2nd Sat) K-Kardio (4th Sat)
Hougang 1 Outdoor Event Space	2nd & 4th Saturday of the month	6pm to 7pm	KpopX Fitness
Bedok Point Level 4 Garden Terrace	Every Saturday	6.30pm to 7.30pm	KpopX Fitness (1st, 3rd & 5th Sat) Zumba (2nd & 4th Sat)
Waterway Point The Plaza @ B1	Last Saturday & Sunday of the month	9am to 10am	Piloxing
Jurong Point Shopping Centre Sheltered space outside UOB	Every Sunday	9am to 10am	Zumba (1st, 3rd & 5th Sun) KpopX Fitness (2nd & 4th Sun)
Bukit Panjang Plaza Garden Plaza, Level 4	1st & 3rd Sunday of the month	10am to 11am	Kickboxing
Changi City Point Level 1 Open Plaza	2nd & 4th Sunday of the month	6pm to 7pm	KpopX Fitness

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

Mall Workout - Oct 2018

Updated as at 18/9/2018

 **Sessions are subject to changes. Please refer to announcements at <https://www.facebook.com/minmedgroup/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Kinex ~ Zumba (7 - 8pm)* Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	2 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7.30 - 8.30pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) Downtown East ~ Piloxing (7 - 8pm)	3 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 12Katong ~ K-Kardio (7.30 - 8.30pm)	4 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	5 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm)	6 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm)
7 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	8 Kinex ~ KpopX (7 - 8pm)* Rivervale Plaza ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	9 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (6.30 - 7.30pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	10 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Thomson Plaza ~ Zumba (7 - 8pm)	11 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) CANCELLED Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm)	12 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7 - 8pm)	13 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm)
14 Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	15 Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	16 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7.30 - 8.30pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) Downtown East ~ Zumba (7 - 8pm)	17 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 12Katong ~ K-Kardio (7.30 - 8.30pm)	18 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	19 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm)	20 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm)
21 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	22 United Sq ~ KpopX (7 - 8pm) Rivervale Plaza ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) CANCELLED	23 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (6.30 - 7.30pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	24 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Thomson Plaza ~ Zumba (7 - 8pm)	25 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm)*	26 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7 - 8pm)	27 Waterway Pt ~ Piloxing (9- 10am) White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm)
28 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	29 United Sq ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	30 AMK Hub ~ Piloxing* (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	31 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)			

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

Mall Workout - Nov 2018

Updated as at 12/9/2018

 **Sessions are subject to changes. Please refer to announcements at <https://www.facebook.com/minmedgroup/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	2 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm)	3 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm)
4 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	5 Kinex ~ Zumba (7 - 8pm) Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	6 Deepavali AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7.30 - 8.30pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) Downtown East ~ Piloxing (7 - 8pm) CANCELLED	7 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) H2Katong ~ K-Kardio (7.30 - 8.30pm) CANCELLED	8 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm)	9 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm)	10 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm)
11 Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	12 Kinex ~ KpopX (7 - 8pm) Rivervale Plaza ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	13 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (6.30 - 7.30pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	14 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Thomson Plaza ~ Zumba (7- 8pm)	15 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	16 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm)	17 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm)
18 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	19 Nex ~ Zumba (7- 8pm) CANCELLED United Sq ~ KpopX (7- 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	20 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7.30 - 8.30pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) Downtown East ~ Zumba (7- 8pm) CANCELLED	21 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) H2Katong ~ K-Kardio (7.30 - 8.30pm) CANCELLED	22 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm)	23 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm)	24 Waterway Pt ~ Piloxing (9- 10am) White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm)
25 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	26 United Sq ~ Zumba (7- 8pm) CANCELLED Rivervale Plaza ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	27 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (6.30 - 7.30pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	28 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Thomson Plaza ~ Zumba (7- 8pm)	29 City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	30 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Waterway Pt ~ Piloxing (9 - 10am) Jurong Pt ~ Zumba (9 - 10am)	31 United Sq ~ Zumba (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)					1 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm)
2 Jurong Pt ~ Zumba (9 - 10am) Bt Panjang Plaza ~ Kickboxing (10 - 11am)	3 Kinex ~ Zumba (7 - 8pm) Nex ~ Zumba (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	4 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7.30 - 8.30pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) Downtown East ~ Piloxing (7 - 8pm) CANCELLED	5 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) H2Katong ~ K-Kardio (7.30 - 8.30pm) CANCELLED	6 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	7 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm)	8 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm)
9 Jurong Pt ~ KpopX (9 - 10am) Changi City Pt ~ KpopX (6 - 7pm)	10 Kinex ~ KpopX (7 - 8pm) Rivervale Plaza ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	11 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (6.30 - 7.30pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	12 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Thomson Plaza ~ Zumba (7 - 8pm)	13 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm)	14 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	15 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm)
16 Jurong Pt ~ Zumba (9 - 10am) Bt Panjang Plaza ~ Kickboxing (10 - 11am)	17 Nex ~ Zumba (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	18 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7.30 - 8.30pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) Downtown East ~ Zumba (7 - 8pm) CANCELLED	19 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) H2Katong ~ K-Kardio (7.30 - 8.30pm) CANCELLED	20 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	21 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm)	22 White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm)
23 Jurong Pt ~ KpopX (9 - 10am) Changi City Pt ~ KpopX (6 - 7pm)	24 United Sq ~ KpopX (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	25 Christmas Day AMK Hub ~ Piloxing (7 - 8pm) CANCELLED IMM ~ KpopX (7 - 8pm) CANCELLED Zhongshan Mall ~ Zumba (6.30 - 7.30pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) CANCELLED	26 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Thomson Plaza ~ Zumba (7 - 8pm)	27 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm)	28 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	29 Waterway Pt ~ Piloxing (9 - 10am) Bedok Pt ~ KpopX (6.30 - 7.30pm)

Notes:

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