

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

Activity	Area	Venue	Day of month	Start Time	End Time	Contact Details
Bounce DanceFit	Central	Link will be provided when is available	Every Tue except 1 Feb	5:15pm	6:15pm	SNEF: hde@snef.org.sg / 62907697
Cardio Dance	Central	Sign up via https://tinyurl.com/hwregistrationform	Every Fri except 4 Feb	5:00 pm	6:00 pm	Events Artery: Healthyworkplace@eventsartery.com
Cardio Dance Fitness	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Mon	5:15pm	6:15pm	Team Axis: healthywe@team-axis.com / 90273873
Cardio Dance Fitness	East	Changi Business Park Eightrium - Rooftop, Level 6	Every Fri	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
Cardio Dance Fitness	East	KA Place and KA Centre Unit #06-02	Every Fri	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
Cardio Hip Hop	Central	Link will be provided when is available	Every Fri	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Cardio Hip-Hop	East	Kampong Ubi Industrial - Open space outside Blk 3023 MSCP	Every Wed except 2 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Cardio Hip-Hop	South	HarbourFront Centre, North Atruim (Outside Harbourfront MRT Exit B)	Every Thu	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Cardio Kickboxing	Central	Ocean Financial Centre Covered Plaza	8,22 Feb	6:15pm	7:15pm	SNEF: hde@snef.org.sg / 62907697
Cardio Latin	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Tue except 1 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873

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Circuit Training	Central	Guoco Tower Covered Plaza	Every Mon	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Fight Do	Central	Plaza Singapura	Every Tue except 1 Feb	7:30pm	8:15pm	Sign up via https://workgreat.orchardroad.org/upcoming-activities/
FightDO	Central	Sign up via https://tinyurl.com/hwregistrationform	Every Tue except 1 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
Fight-DO	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Tue except 1 Feb	5:15pm	6:15pm	Team Axis: healthywe@team-axis.com / 90273873
Fight-DO	East	Changi Airport T2, Lift Lobby 7, Function Room	Every Thu	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
FIGHT-DO®	Central	Duo Tower Level 2 common area near the office drop off point	Every Tue except 1 Feb	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
FIGHT-DO®	Central	Open Area in front of Frasers Tower	Every Mon	6:15pm	7:15pm	SNEF: hde@snef.org.sg / 62907697
Fitness Bootcamp	Central	Capital Tower Urban Plaza, Level 1	Every Thu	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Glow Stick Dance Party - TBA	Central	Link will be provided when is available	TBA	TBA	TBA	SNEF: hde@snef.org.sg / 62907697
Health Workshop	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Tue except 1 Feb	12:30pm	1:30pm	Team Axis: healthywe@team-axis.com / 90273873

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Health Workshop	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Thu	12:30pm	1:30pm	Team Axis: healthywe@team-axis.com / 90273873
HIIT	Central	SportsHub 100PLUS Promenade	Every Tue except 1 Feb	7:00pm	8:00pm	SNEF: hde@snef.org.sg / 62907697
HIIT	Central	SportsHub 100PLUS Promenade	Every Sat	10:00am	11:00am	SNEF: hde@snef.org.sg / 62907697
Jumping® Fitness	Central	Duo Tower Level 1 Open Plaza	Every Thu except 3 Feb	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Jumping® Fitness	Central	Open Space beside One Altitude	Every Mon	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
K Kardio	Central	Alexandra Technopark (Tower A)	Every Wed except 2 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
K Kardio	Central	MediaPolis - Lawn Behind MediaCorp	Every Tue except 1 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
K Kardio	Central	SMU/Lazada One (Open area outside SMU School of Computing and Information Systems Subway)	Every Wed except 2 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
K Kardio	North	Techpoint AMK (Courtyard)	Every Wed except 2 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
K-Kardio	Central	Link will be provided when is available	Every Mon	5:15pm	6:15pm	SNEF: hde@snef.org.sg / 62907697

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K-Kardio	Central	Link will be provided when is available	Every Tue & Thu	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
K-Kardio	Central	Roof Garden @ Funan	Every Thu	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
K-Kardio	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Wed except 2 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	Central	Sign up via https://tinyurl.com/hweregistrationform	Every Tue except 1 Feb	5:00 pm	6:00 pm	Events Artery: Healthyworkplace@eventsartery.com
K-Kardio	East	BreadTalk IHQ - space outside BreadTalk	Every Thu	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	East	Changi Business Park (Plaza 8 @ CBP) - Amphitheatre @ Plaza 8	Every Thu	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	East	Kampong Ubi Industrial - Open space outside Blk 3023 MSCP	Every Mon	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	North	YS-ONE - Area outside management office	Every Mon	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Kickboxing	Central	Alexandra Technopark (Tower A)	Every Fri except 4 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
Kickboxing	Central	China Place Precinct - Cross Street Exchange (NANKIN ROLL, INFRONT OF HARRY'S)	Every Thu except 3 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com

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Kickboxing	Central	Millenia Walk - Sculpture Park outside Centennial Tower	Every Wed except 2 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
Kickboxing	West	Corporation Place - Level 1 Main Lobby Space	Every Wed except 2 Feb	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
K Pop X Fitness Workout	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	3, 17 Feb	5:00pm	6:00pm	
K Pop X Fitness Workout	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Thu	6:30pm	7:30pm	
KpopX Fitness	Central	Blk 1002, Toa Payoh Industrial Park (Badminton Court)	Every Tue except 1 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	Central	China Place Precinct - Chinatown Point (Open area outside main entrance)	Every Fri except 4 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	China Place Precinct - Cross Street Exchange (NANKIN ROLL, INFRONT OF HARRY'S)	Every Tue except 1 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	Link will be provided when is available	Every Wed except 2 Feb	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
KpopX Fitness	Central	Mandai - Area Below the Entrance to River Safari	Every Wed except 2 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	MediaPolis - ALICE - Level 2 Balcony	Every Wed except 2 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com

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KpopX Fitness	Central	Odeon Towers #07-03/04	Every Thu	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
KpopX Fitness	Central	One-North - JTC Launchpad	Every Mon	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	PasarBella@Suntec	Every Thu except 3 Feb	5:45pm	6:45pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	PasarBella@Suntec	Every Thu except 3 Feb	7:15pm	8:15pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	Sign up via https://tinyurl.com/hweregistrationform	Every Thu except 3 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	Sign up via https://tinyurl.com/hweregistrationform	Every Fri except 4 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	Science park 2 - Teletech Park (Rooftop Garden)	Every Tue except 1 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Mon	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Fri	5:15pm	6:15pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	East	Changi Airport T2, Lift Lobby 7, Function Room	Every Tue except 1 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873

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KpopX Fitness	East	ESR BizPark @ Chai Chee - Block 750, Urban Plaza, Level 1	Every Wed except 2 Feb	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	East	ESR BizPark @ Changi - Convention Centre, Rooftop Level 3	Every Mon	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	East	Kampong Ubi Industrial - Blk 3024A Kampong Ubi	Every Thu	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	North	AMK Industrial Park 2A	Every Mon	6:00pm	7:00pm	Events Artery: Healthyworkplace@eventsartery.com
KpopX Fitness	West	Chin Bee Industrial - 45 Quality Road Food Centre (Open Carpark)	Every Mon	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	West	International Business Park (31@IBP) - Level 1 Open Area	Every Wed except 2 Feb	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Les Mills Body Combat	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Wed except 2 Feb	5:00pm	6:00pm	
Lunchtime Yoga	Central	Link will be provided when is available	Every Mon to Fri except 1,2 Feb	12:30pm	1:00pm	SNEF: hde@snef.org.sg / 62907697
Megadanz	South	Sentosa Boardwalk (Closer to VivoCity)	Every Fri	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Nirvana Fitness	Central	Sign up via https://tinyurl.com/hweregistrationform	Every Wed except 2 Feb	5:00 pm	6:00 pm	Events Artery: Healthyworkplace@eventsartery.com

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Oxigeno	Central	Sign up via https://tinyurl.com/hweregistrationform	Every Thu except 3 Feb	5:00 pm	6:00 pm	Events Artery: Healthyworkplace@eventsartery.com
Pilates	Central	Aperia - Level 3, Open Plaza	Every Mon	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Pilates	East	Changi Airport T2, Lift Lobby 7, Function Room	Every Wed except 2 Feb	1:00pm	1:45pm	Team Axis: healthywe@team-axis.com / 90273873
Piloxing	Central	One-North - JTC Launchpad	Every Wed except 2 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
Piloxing	Central	Link will be provided when is available	Every Wed & Fri	5:15pm	6:15pm	SNEF: hde@snef.org.sg / 62907697
Piloxing	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Thu	8:00am	9:00am	Team Axis: healthywe@team-axis.com / 90273873
Piloxing	East	Paya Lebar Quarters Mall Roof Garden - Level 7	Every Mon	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Salsation	Central	Marina Square (Outdoor Deck)	Every Wed except 2 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
Salsation	Central	Open Area in front of Frasers Tower	Every Thu	6:15pm	7:15pm	SNEF: hde@snef.org.sg / 62907697
Salsation	Central	PasarBella@Suntec	Every Fri except 4 Feb	5:45pm	6:45pm	Events Artery: Healthyworkplace@eventsartery.com

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Stretch & Tone	Central	Link will be provided when is available	Every Mon to Fri except 1,2 Feb	8:00am	8:30am	SNEF: hde@snef.org.sg / 62907697
Stretch Yoga	Central	Sign up via www.team-axis.com/hwe-virtual-activities	Every Tue except 1 Feb	8:00am	9:00am	Team Axis: healthywe@team-axis.com / 90273873
Stretching Workout	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Fri	12:30pm	1:30pm	
Strong Nation	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Sat	5:00pm	6:00pm	
Strong Nation (Zumba)	Central	Plaza Singapura	Every Tue except 1 Feb	6:30pm	7:15pm	Sign up via https://workgreat.orchardroad.org/upcoming-activities/
Supafresh DanceFit	East	Paya Lebar Square - Open space near taxi stand	Every Wed except 2 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Supafresh DanceFit	West	International Business Park (ICON@IBP) - Level 1 Atrium	Every Tue except 1 Feb	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Tabata	Central	The Lawn @ Marina Bay	Every Wed except 2 Feb	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
U Jam Fitness	Central	Sign up via this link - www.team-axis.com/hwe-virtual-activities	Every Thu	5:15pm	6:15pm	Team Axis: healthywe@team-axis.com / 90273873
Vinyasa Yoga	East	Paya Lebar Quarters Parkside	Every Wed except 2 Feb	7:45am	8:45am	Team Axis: healthywe@team-axis.com / 90273873

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Virtual Cardio Kickboxing Workout	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Wed except 2 Feb	6:30pm	7:30pm	
Virtual Cardio Kickboxing Workout	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Sun	9:00am	10:00am	
Virtual Health Talk	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	3, 17 Feb	12:30pm	1:30pm	
Virtual Workshop – Corrective & Preventive exercise series 2 – for lower back related	Central	Link will be provided when is available	9 Feb	12:30pm	1:30pm	SNEF: hde@snef.org.sg / 62907697
Virtual Workshop – Cultivating Powerful Mindset For Achieving Goals	Central	Link will be provided when is available	16 Feb	12:30pm	1:30pm	SNEF: hde@snef.org.sg / 62907697
Virtual Workshop – Diet Affects	Central	Link will be provided when is available	23 Feb	12:30pm	1:30pm	SNEF: hde@snef.org.sg / 62907697
Virtual Zumba Workout	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Fri	6:30pm	7:30pm	
Virtual Zumba Workout	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Sat	9:00am	10:00am	
Virtual Zumba Workout	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Sun	5:00pm	6:00pm	
Yoga	Central	Frasers Tower, The Terrace on Level 4	Every Thu	6:15pm	7:15pm	SNEF: hde@snef.org.sg / 62907697

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Yogalates	Central	Sign up via https://tinyurl.com/hweregistrationform	Every Mon	5:00 pm	6:00 pm	Events Artery: Healthyworkplace@eventsartery.com
Yogalates	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	Every Fri	5:00pm	6:00pm	
Zumba	Central	Aperia - Level 3, Open Plaza	Every Wed except 2 Feb	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	Central	BioPolis - Slope walkway beside Matrix	Every Mon	6:00pm	7:00pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	China Place Precinct - Chinatown Point (Open area outside main entrance)	Every Tue except 1 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	China Place Precinct, Open area beside Capital Square, behind "WINE Connection"	Every Tue except 1 Feb	6:30pm	7:30pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	Link will be provided when is available	Every Mon	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Zumba	Central	Link will be provided when is available	Every Thu	5:15pm	6:15pm	SNEF: hde@snef.org.sg / 62907697
Zumba	Central	Marina Square (Outdoor Deck)	Every Fri except 4 Feb	6:00pm	7:00pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	PasarBella@Suntec	Every Tue except 1 Feb	5:45pm	6:45pm	Events Artery: Healthyworkplace@eventsartery.com

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Zumba	Central	PasarBella@Suntec	Every Tue except 1 Feb	7:15pm	8:15pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	Plaza Singapura	Every Thu	6:30pm	7:15pm	Sign up via https://workgreat.orchardroad.org/upcoming-activities/
Zumba	Central	Plaza Singapura	Every Thu	7:30pm	8:15pm	Sign up via https://workgreat.orchardroad.org/upcoming-activities/
Zumba	Central	Science Park 1 - Ascent (Outside Bridge+)	Every Mon	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	Sign up via https://tinyurl.com/hweregistrationform	Every Mon	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	Sign up via https://tinyurl.com/hweregistrationform	Every Wed except 2 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	Sign up via https://workgreat.orchardroad.org/upcoming-activities/	10, 24 Feb	5:00pm	6:00pm	
Zumba	Central	Sign up via this link - www.team-axis.com/hwe-virtual-activities	Every Wed except 2 Feb	5:15pm	6:15pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	Central	Sign up via this link - www.team-axis.com/hwe-virtual-activities	Every Fri	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	Central	Sin Ming Auto Care, 176 Sin Ming Dr, Singapore 575721, Level 6. (Corridor beside cargo lift Lobby)	Every Tue except 1 Feb	6:00pm	7:00pm	Events Artery: Healthyworkplace@eventsartery.com

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Zumba	Central	SMU/Lazada One (Open area outside SMU School of Computing and Information Systems Subway)	Every Thu except 3 Feb	6:15pm	7:15pm	Events Artery: Healthyworkplace@eventsartery.com
Zumba	Central	SportsHub 100PLUS Promenade	Every Thu except 3 Feb	7:00pm	8:00pm	SNEF: hde@snef.org.sg / 62907697
Zumba	Central	UE Square - Level 1, Skylight Atrium	21, 28 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	BreadTalk IHQ - space outside BreadTalk	Every Tue except 1 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	Changi Business Park (Plaza 8 @ CBP) - Amphitheatre @ Plaza 8	Every Tue except 1 Feb	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	KB-1 Level 8 - Lift Lobby outside #08-10	Every Thu	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	Singpost Sheltered area beside Hopii Mung Bean Smoothie	Every Thu	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	Techlink Lobby A - Unit #06-08/11	Every Wed except 2 Feb	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	North	AMK Industrial Park 2A	Every Wed except 2 Feb	6:00pm	7:00pm	Events Artery: Healthyworkplace@eventsartery.com