

Announcement:**Mall Workout Cancellations at:**

- Kampung Admiralty all April sessions

New Mall Workouts at :

- Century Square (Zumba) every Tuesday, 7pm to 8pm (starting 2 Apr)

- Tampines 1 (Piloxing) every Thursday 7pm to 8pm (starting 4 April)

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ACTIVITY	VENUE	VENUE UNIT	DAYS	TIME
Piloxing	AMK Hub	Level 1 Main Entrance	Every Tuesday	7pm to 8pm
Zumba	Anchorpoint	Open Plaza (next to Xin Wang Hong Kong Cafe)	Every 1st, 3rd and 5th Wednesday of the month	6.30pm to 7.30pm
KpopX Fitness	Anchorpoint	Open Plaza (next to Xin Wang Hong Kong Cafe)	Every 2nd & 4th Wednesday of the month	6.30pm to 7.30pm
Zumba	Buangkok Square	Level 1 Community Plaza	Every Monday	7pm to 8pm
Quick HIIT	Buangkok Square	Level 1 Community Plaza	Every Sunday	5-6pm
Kickboxing	Bukit Panjang Plaza	Garden Plaza Level 4	Every 1st, 3rd & 5th Sunday of the month	10am to 11am
KpopX Fitness	Bukit Panjang Plaza	Garden Plaza Level 4	Every 2nd & 4th Sunday of the month	10am to 11am
Zumba	Canberra Plaza	Community Plaza	Every Monday	7pm to 8pm
Zumba	Century Square	Rooftop at Level 5	Every Tuesday	7pm to 8pm
KpopX Fitness	Changi City Point	Level 1 Open Plaza	Every Saturday	9.30am to 10.30am
KpopX Fitness	Compass One	Open Space outside MOS Burger	Every Thursday	7pm to 8pm
Piloxing	Downtown East	Begonia Terrace	Every Wednesday	7pm to 8pm
Quick HIIT	Downtown East	Begonia Terrace	Every Tuesday	6:30-7:30pm
Zumba	Eastpoint Mall	Level 6 Playground	Every Thursday	6:30-7:30pm
Zumba	Hillion Mall	MRT Plaza (near the MRT entrance)	Every Thursday	7pm to 8pm
Quick HIIT	Hillion Mall	MRT Plaza (near the MRT entrance)	Every Tuesday and Wednesday	7:30-8:30pm
Zumba	Hougang Mall	Level 5 Rooftop Terrace	Every 1st, 3rd & 5th Saturday of the month	6pm to 7pm
KpopX Fitness	Hougang Mall	Level 5 Rooftop Terrace	Every 2nd & 4th Saturday of the month	6pm to 7pm
K Kardio	IMM	Garden Plaza at Level 3	Every Monday	7.15pm to 8.15pm
KpopX Fitness	IMM	Garden Plaza at Level 3	Every Tuesday	7pm to 8pm
Active Family	IMM	Garden Plaza at Level 3	Every Sun	10:30-11:30am
Quick HIIT	IMM	Garden Plaza at Level 3	Every Wed	7:30-8:30pm
KpopX Fitness	Jem	Level 1 Jem Street (Outside McDonald's)	Every Wednesday	6.30pm to 7.30pm
KpopX Fitness	Junction 8	Level 3 Roof Garden	Every Friday	7pm to 8pm
Quick HIIT	Junction 8	Level 3 Roof Garden	Every Monday and Wednesday	7:30-8:30pm
Quick HIIT	Junction 8	Level 3 Roof Garden	Every Saturday and Sunday	9-10am
Zumba	Jurong Point Shopping Centre	Sheltered space outside UOB	Every 1st, 3rd & 5th Sunday of the month	8.30am to 9.30am
KpopX Fitness	Jurong Point Shopping Centre	Sheltered space outside UOB	Every 2nd & 4th Sunday of the month	8.30am to 9.30am
Zumba	Kampung Admiralty	Open Plaza in front of stage (Zone B)	Every Monday	7pm to 8pm
Quick HIIT	Kampung Admiralty	Open Plaza in front of stage (Zone B)	Every Thursday and Friday	7:30-8:30pm
Quick HIIT	Kampung Admiralty	Open Plaza in front of stage (Zone B)	Every Saturday and Sunday	6-7pm
Zumba (HWE)	Kinex	Level 1 Atrium	Every Monday	6:30-7:30pm
KpopX Fitness (HWE)	Kinex	Level 1 Atrium	Every Tuesday	6:30-7:30pm
Line Dance (HWE)	Kinex	Level 1 Atrium	Every Thursday	6:30-7:30pm
Salsation	Lot One Shoppers' Mall	Level 5 Roof Garden	Every Monday	7pm to 8pm
Quick HIIT	Lot One Shoppers' Mall	Level 5 Roof Garden	Every Thursday	7-8pm
Active Family	Northshore Plaza	Community Plaza	Every Friday	6-7pm
Quick HIIT	Northshore Plaza	Community Plaza	Every Wednesday	7:30-8:30pm
Piloxing	Oasis Terraces	Level 1 Community Plaza	Every Sunday	8.30am to 9.30am
Zumba	Parkway Parade	Outdoor Plaza (outside Ya Kun)	Every Saturday	6pm to 7pm
Vinyasa Yoga (HWE)	Paya Lebar Quarter Mall	Paya Lebar Quarter Parkside	Every Wednesday	8:15-9am
KpopX Fitness	Punggol Plaza	B1 Outdoor Plaza	Every Sunday	9am to 10am
Yoga at ST3PS (HWE)	Singapore Changi Airport	Terminal 3 Basement 2	Every Friday	6-7pm
Fight-Do (HWE)	Singapore Changi Airport	Terminal 2	Every Tuesday	6:30-7:30pm
Yoga (HWE)	Singapore Changi Airport	Terminal 2	Every Wednesday	1-1:45pm
KpopX Fitness (HWE)	SingPost Centre	Sheltered area beside Hopii Mung bean Smoothie	Every Thursday	6:30-7:30pm
Zumba	Sun Plaza	Outdoor area at entrance opposite to MRT	Every Wednesday	7.30pm to 8.30pm
Hip Hop Fitness (HWE)	Suntec City	Suntec Singapore Convention Centre	Every Monday	5:45-6:45pm
Hip Hop Fitness (HWE)	Suntec City	Suntec Singapore Convention Centre	Every Monday	7:15-8:15pm
KpopX Fitness (HWE)	Suntec City	Suntec City	Every Thursday	6-7pm

KpopX Fitness (HWE)	Suntec City	Suntec City	Every Thursday	7:15-8:15pm
Piloxing	Tampines 1	Rooftop	Every Thursday	7pm to 8pm
Kickboxing	Tampines Mall	Open Plaza, Level 4	Every Wednesday	7pm to 8pm
Kickboxing	The Star Vista	Gallery Level 3	Every Monday	7.30pm to 8.30pm
Zumba	The Poiz Centre	Entrance in front of Potong Pasir MRT	Every Monday	6.30pm to 7.30pm
Piloxing	Tiong Bahru Plaza	Level 1 outdoor area (outside UOB)	Every 1st, 3rd & 5th Thursday of the month	7pm to 8pm
KpopX Fitness	Tiong Bahru Plaza	Level 1 outdoor area (outside UOB)	Every 2nd & 4th Thursday of the month	7pm to 8pm
Zumba (HWE)	United Square	Level 1 Outdoor Plaza	Every Tuesday	6-7pm
Cardio Dance Fitness (HWE)	United Square	Level 1 Outdoor Plaza	Every Thursday	6-7pm
Piloxing	Velocity @ Novena Square	Outdoor Court, Level 1	Every 1st Wednesday of the month	6.30pm to 7.30pm
Fight-Do	Velocity @ Novena Square	Outdoor Court, Level 1	Every 2nd Wednesday of the month	6.30pm to 7.30pm
Kickboxing	Waterway Point	The Cove @ B2	Every Thursday	7.30pm to 8.30pm
Zumba	White Sands	Level 1, Open space outside KFC	Every Saturday	9am to 10am
Zumba	Zhongshan Mall	Zhongshan Park (near Balestier Rd)	Every Tuesday	6.30pm to 7.30pm

* Download the Healthy 365 mobile app to book your sessions

* Sessions may be cancelled due to unpredictable weather

* Sessions are accurate at time of upload