

**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 Alpha Fitness @ 96433555, [info@alphafitness.com.sg](mailto:info@alphafitness.com.sg) or ASES @ 65645171, [hpb.hit@ases.edu.sg](mailto:hpb.hit@ases.edu.sg)

Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	Central	Esplanade Park	Every Tue	6:30pm	7:30pm
HIIT	Central	Gardens by the Bay	Every Thu	7:00pm	8:00pm
HIIT	Central	Gardens by the Bay	Every Sat	6:00pm	7:00pm
HIIT	Central	Home of Athletics	Every Wed	7:30pm	8:30pm
HIIT	Central	Home of Athletics	Every Fri	7:30pm	8:30pm
HIIT	Central	Kallang Riverside Park	Every Tue	7:30pm	8:30pm
HIIT	Central	Kallang Riverside Park	Every Fri	7:30pm	8:30pm
HIIT	Central	Singapore Sports Hub	Every Mon	7:00pm	8:00pm
HIIT	Central	Singapore Sports Hub	Every Wed	7:00pm	8:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	Central	Tiong Bahru Park	Every Tue	7:00pm	8:00pm
HIIT	Central	Toa Payoh Town Park	Every Tue	7:30pm	8:30pm
HIIT	Central	Toa Payoh Town Park	Every Thu	7:30pm	8:30pm
HIIT	East	Bedok Stadium	Every Tue	7:00pm	8:00pm
HIIT	East	Bedok Stadium	Every Thu	7:30pm	8:30pm
HIIT	East	Bedok Stadium	Every Sun	5:30pm	6:30pm
HIIT	East	Bedok Reservoir Park	Every Wed	7:30pm	8:30pm
HIIT	East	Bedok Reservoir Park	Every Fri	7:30pm	8:30pm
HIIT	East	Downtown East	Every Tue	6:30pm	7:30pm
HIIT	East	East Coast Park	Every Thu	7:00pm	8:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	East	Heartbeat @ Bedok	Every Sat	11:30am	12:30pm
HIIT	East	Heartbeat @ Bedok	Every Sun	12:00pm	1:00pm
HIIT	East	Pasir Ris Elias CC	Every Sun	5:00pm	6:00pm
HIIT	East	Pasir Ris Sport Centre	Every Fri	7:30pm	8:30pm
HIIT	East	SAFRA Tampines	Every Tue	7:00pm	8:00pm
HIIT	East	SAFRA Tampines	Every Thu	6:30pm	7:30pm
HIIT	East	Sun Plaza Park	Every Sun	5:00pm	6:00pm
HIIT	North	509 Bishan Amphitheatre	Every Sun	10:00am	11:00am
HIIT	North	Bishan Sport Centre	Every Tue	7:30pm	8:30pm
HIIT	North	Bishan Sport Centre	Every Sun	5:30pm	6:30pm

Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	North	Bishan-Ang Mo Kio Park	Every Thu	7:30pm	8:30pm
HIIT	North	Eastlawn at 108 Canberra Street	Every Wed	7:30pm	8:30pm
HIIT	North	Junction 8	Every Mon	7:30pm	8:30pm
HIIT	North	Junction 8	Every Wed	7:30pm	8:30pm
HIIT	North	Junction 8	Every Sat	9:00am	10:00am
HIIT	North	Junction 8	Every Sun	9:00am	10:00am
HIIT	North	Kampung Admiralty	Every Thu	7:30pm	8:30pm
HIIT	North	Kampung Admiralty	Every Fri	7:30pm	8:30pm
HIIT	North	Kampung Admiralty	Every Sat	6:00pm	7:00pm
HIIT	North	Kampung Admiralty	Every Sun	6:00pm	7:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	North	SAFRA Yishun	Every Tue	7:00pm	8:00pm
HIIT	North	SAFRA Yishun	Every Fri	6:30pm	7:30pm
HIIT	North	Sembawang Park	Every Fri	6:30pm	7:30pm
HIIT	North	Sun Plaza Hardcourt	Every Mon	7:30pm	8:30pm
HIIT	North	Sun Plaza Hardcourt	Every Fri	7:30pm	8:30pm
HIIT	North	Woodlands Sport Centre	Every Wed	7:15am	8:15am
HIIT	North	Woodlands Waterfront Park	Every Mon	7:30pm	8:30pm
HIIT	North	Yio Chu Kang Stadium	Every Mon	7:30pm	8:30pm
HIIT	North	Yio Chu Kang Stadium	Every Wed	7:30pm	8:30pm
HIIT	North	Yishun Neighbourhood Park	Every Mon	6:30pm	7:30pm

Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	North	Yishun Park	Every Wed	6:30pm	7:30pm
HIIT	North East	Buangkok Square	Every Sun	5:00pm	6:00pm
HIIT	North East	Hougang Stadium	Every Tue	7:30pm	8:30pm
HIIT	North East	Hougang Stadium	Every Thu	7:30pm	8:30pm
HIIT	North East	Jalan Pintau Playground Park	Every Mon	7:00pm	8:00pm
HIIT	North East	Oasis Terrace	Every Thu	7:00pm	8:00pm
HIIT	North East	Punggol Park	Every Mon	7:00pm	8:00pm
HIIT	North East	Punggol Park	Every Thu	7:00pm	8:00pm
HIIT	North East	SAFRA Punggol	Every Mon	7:00pm	8:00pm
HIIT	North East	SAFRA Punggol	Every Sat	7:30am	8:30am

Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	North East	Sengkang Riverside Park	Every Tue	7:30pm	8:30pm
HIIT	North East	Sengkang Riverside Park	Every Fri	7:30pm	8:30pm
HIIT	North East	Sengkang Sport Centre	Every Tue	6:00pm	7:00pm
HIIT	North East	Sengkang Sport Centre	Every Wed	7:30am	8:30am
HIIT	North East	Sengkang Sport Centre	Every Sat	7:30am	8:30am
HIIT	North East	Serangoon Stadium	Every Mon	7:30pm	8:30pm
HIIT	North East	Serangoon Stadium	Every Tue	7:30pm	8:30pm
HIIT	North East	Serangoon Stadium	Every Thu	7:30pm	8:30pm
HIIT	West	ActiveSG Park @ Jurong Lake Gardens	Every Mon	7:30am	8:30am
HIIT	West	ActiveSG Park @ Jurong Lake Gardens	Every Tue	7:30pm	8:30pm



Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	West	ActiveSG Park @ Jurong Lake Gardens	Every Fri	7:30pm	8:30pm
HIIT	West	ActiveSG Park @ Jurong Lake Gardens	Every Sat	5:30pm	6:30pm
HIIT	West	Bukit Gombak Sport Centre	Every Mon	7:30pm	8:30pm
HIIT	West	Bukit Gombak Sport Centre	Every Wed	7:30pm	8:30pm
HIIT	West	Bukit Gombak Sport Centre	Every Fri	7:30pm	8:30pm
HIIT	West	Bukit Panjang Plaza	Every Sat	5:00pm	6:00pm
HIIT	West	Choa Chu Kang Park	Every Sun	7:00am	8:00am
HIIT	West	Choa Chu Kang Park	Every Sun	8:00am	9:00am
HIIT	West	Choa Chu Kang Stadium	Every Sun	7:00am	8:00am
HIIT	West	Clementi Sport Centre	Every Mon	7:30pm	8:30pm



Activity	Area	Venue	Day of month	Start Time	End Time
HIIT	West	Clementi Sport Centre	Every Thu	7:30pm	8:30pm
HIIT	West	Hillion Mall	Every Tue	7:30pm	8:30pm
HIIT	West	Hillion Mall	Every Wed	7:30pm	8:30pm
HIIT	West	IMM	Every Wed	7:30pm	8:30pm
HIIT	West	JCube	Every Thu	7:30pm	8:30pm
HIIT	West	Jurong Central Zone C RC	Every Sat	3:00pm	4:00pm
HIIT	West	Jurong Lake Gardens	Every Sun	8:00am	9:00am
HIIT	West	Jurong West SIP	Every Fri	7:30pm	8:30pm
HIIT	West	Jurong West Stadium	Every Mon	7:30pm	8:30pm
HIIT	West	Jurong West Stadium	Every Wed	7:30pm	8:30pm
HIIT	West	West Coast Park	Every Wed	7:30pm	8:30pm