

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 contact minmed @ 987886986, fitness@minmed.sg

Activity	Area	Venue	Day of month	Start Time	End Time
Aerobics	North	Jalan Pintau Playground Park (Hardcourt next to the shelter)	Every Sun	5:00pm	6:00pm
Aerobics	West	Jurong Lake Gardens (Between Wave Plaza and Forest Ramble, in front of Chinese Garden Gate)	Every Sun	5:00pm	6:00pm
Bokwa	Central	Our Park @ 618 Ang Mo Kio (Hardcourt beside playground between Blk 611 and Blk 617, Ang Mo Kio Ave 4)	Every Sun	8:30am	9:30am
Bolly Dazz	West	Taman Jurong Greens (Basketball Court and Amphitheatre along Yung An Road and Corporation Drive)	Every Sun	8:30am	9:30am
Bollyrobics	East	Buangkok Green Park (Basketball Court behind Blk 987A Buangkok Green)	Every Sun	8:30am	9:30am
Bollyrobics	East	Chai Chee Road Blk 61 (Hardcourt opposite Blk 61 Chai Chee Road)	Every Sun	5:00pm	6:00pm
Bollyrobics	West	Clementi Neighbourhood Park (Hardcourt along Clementi Road, near Blk 118 Clementi Street 13)	Every Sun	8:30am	9:30am

Activity	Area	Venue	Day of month	Start Time	End Time
Cardio Dance	Central	Ang Mo Kio Town Garden West (Hardcourt opposite Ang Mo Kio Town Library)	Every Sun	5:00pm	6:00pm
Cardio Dance	Central	Teck Ghee N4 Park (Basketball Court beside Blk 459 Ang Mo Kio Ave 10)	Every Sun	8:30am	9:30am
Cardio Dance	East	East Coast Park (Hardcourt at Parkland Green Sandbank Restaurant)	Every Sun	8:30am	9:30am
Cardio Dance	East	Sengkang Sculpture Park (Playground next to Compassvale Primary School, in front of Blk 259A Compassvale Road)	Every Sun	8:30am	9:30am
Cardio Dance	North	Woodlands Waterfront Park (Hardcourt near fishing jetty/carpark, Admiralty West Road)	Every Sun	8:30am	9:30am
Cardio Dance	West	Teban Gardens Neighbourhood Park (Stage in front of Blk 48 Teban Gardens Road (Main, 15 pax))	Every Sun	5:00pm	6:00pm
Cardio Dance	West	Tembusu Park (Hardcourt at Blk 275 Choa Chu Kang Ave 2)	Every Sun	5:00pm	6:00pm
Fight Do	Central	Bishan Ang Mo Kio Park (Along Bishan Road and Ang Mo Kio Avenue 1. Hardcourt near Carpark A)	Every Sun	5:00pm	6:00pm
Kickboxing	Central	Esplanade Park (Cenotaph Lawn, next to the cenotaph along Connaught Drive)	Every Sun	8:30am	9:30am

Activity	Area	Venue	Day of month	Start Time	End Time
Kickboxing	Central	Telok Blangah Hill Park (Multi-purpose Plaza beside Carpark 2, along Telok Blangah Green)	Every Sun	5:00pm	6:00pm
Kickboxing	West	West Coast Green Playground Park (Hardcourt at West Coast Green, West Coast Garden Estate)	Every Sun	8:30am	9:30am
K-Kardio	West	Blk 210 Choa Chu Kang (Hardcourt along Choa Chu Kang Drive, between Blk 201 and Blk 210 Choa Chu Kang Central)	Every Sun	5:00pm	6:00pm
KpopX Fitness	East	Compassvale Ancilla Park (MPH beside Blk 282A Sengkang East Ave)	Every Sun	5:00pm	6:00pm
KpopX Fitness	East	Sengkang Riverside Park (Sheltered area in front of O'My Kampong, Anchorvale Street abutting Sungei Punggol)	Every Sun	8:30am	9:30am
KpopX Fitness	North	Woodlands Crescent Park (Hardcourt beside basketball court, beside Admiralty Secondary School)	Every Sun	8:30am	9:30am
KpopX® Fitness	Central	Tiong Bahru Park (Area in front of playground & hardcourt near toilet, Tiong Bahru Rd, Singapore 169561)	Every Sun	5:00pm	6:00pm
KpopX® Fitness	East	East Coast Park (PM)(Hardcourt at Parkland Green)	Every Sun	5:00pm	6:00pm
KpopX® Fitness	East	Pasir Ris Park (Open space near Carpark D along Pasir Ris Road)	Every Sun	8:30am	9:30am

Activity	Area	Venue	Day of month	Start Time	End Time
Masala Bhangra	East	Sun Plaza Park (Tampines) (Amphitheatre at Tampines Ave 7)	Every Sun	8:30am	9:30am
Masala Bhangra	West	Toh Guan Park (Amphitheater Beside 288C Jurong East Street 21 (main))	Every Sun	5:00pm	6:00pm
Mega Danz	Central	Delta Avenue Blk 5 (Hardcourt beside Blk 5, Delta Avenue)	Every Sun	5:00pm	6:00pm
Piloxing	Central	Telok Kurau Park (Hardcourt beside Fitness Corner)	Every Sun	5:00pm	6:00pm
Piloxing	East	Sengkang Neighbourhood Park (Hardcourt next to Blk 120D MPH, Rivervale Drive)	Every Sun	5:00pm	6:00pm
Piloxing	North	Lower Seletar Reservoir Park (Open space next to fishing jetty, bounded by Yishun Avenue 1 and Lentor Avenue)	Every Sun	5:00pm	6:00pm
Piloxing	North	Mandai Tekong Park (Hardcourt beside Blk 896A Woodlands Drive 50)	Every Sun	5:00pm	6:00pm
Piloxing	North	Yishun Neighbourhood Park (Hardcourt beside Fitness Corner, junction of Yishun Ave 7 and Yishun Ave 2)	Every Sun	8:30am	9:30am
Piloxing	West	Jurong West Park (Amphitheatre beside Blk 826 Jurong West St 81)	Every Sun	8:30am	9:30am

Activity	Area	Venue	Day of month	Start Time	End Time
PILOXING®	East	Tai Keng Gardens Playground Park (Sheltered hardcourt)	Every Sun	5:00pm	6:00pm
PILOXING®	West	West Coast Park (Intergenerational Fitness Area - near MacDonald's)	Every Sun	8:30am	9:30am
Salsation	East	Punggol Park (Hardcourt near Bistro, Junction of Hougang Ave 8 and Hougang Ave 10)	Every Sun	5:00pm	6:00pm
Salsation	East	Tanah Merah Playground (Along Tanah Merah Kechil Avenue)	Every Sun	5:00pm	6:00pm
Steady Asia	Central	Tiong Bahru Park (Area in front of playground & hardcourt near toilet, Tiong Bahru Rd)	Every Sun	8:30am	9:30am
Strong by Zumba	North	Yishun Park (Amphitheatre at Yishun Central, Yishun Avenue 11)	Every Sun	5:00pm	6:00pm
Zumba	Central	Joo Seng Road Park (Sheltered hardcourt at 15 Joo Seng Road)	Every Sun	5:00pm	6:00pm
Zumba	East	Changi Point Promenade (Open Space)	Every Sun	5:00pm	6:00pm
Zumba	East	Punggol South Park (Hardcourt along Hougang Ave 2, near Blk 616 Hougang Ave 8)	Every Sun	5:00pm	6:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
Zumba	North	Sembawang Park (Area near toilet, close to Carpark A, end of Sembawang)	Every Sun	8:30am	9:30am
Zumba	North	Stagmont Park (Basketball Court at Choa Chu Kang Street 54, opposite Kranji Primary School)	Every Sun	8:30am	9:30am
Zumba	North	Zhenghua Park (Flat grass patch bounded by running track, opposite Zhenghua CC)	Every Sun	8:30am	9:30am
Zumba	West	Blk 210 Choa Chu Kang (Hardcourt along Choa Chu Kang Drive, between Blk 201 and Blk 210 Choa Chu Kang Central)	Every Sun	8:30am	9:30am
Zumba	West	Clementi Woods Park (Hardcourt along West Coast Road)	Every Sun	5:00pm	6:00pm
Zumba® Fitness	East	Bedok Reservoir Park (901 Bedok Reservoir Road, WAWAWA bistro at Bedok Reservoir)	Every Sun	5:00pm	6:00pm
Zumba® Fitness	East	Surin Avenue Neighbourhood Park (Sheltered hardcourt bounded by Surin Ave and Aroozoo Ave)	Every Sun	9:00am	10:00am