

- 1) Register for your preferred activities at www.sportshub.com.sg/experiencesports
- 2) In order to clock your activity, you must inform the person-in-charge that you are a Lose To Win® participant.
- 3) You will be given a QR code to scan.

| Day | Activity | Description | Time | Venue |
|-------|--|---|-------------|--|
| Mon | Experience Sports Fitbit FIT-Monday: Pilates | Start the week by waking up the body over a session of Pilates at the Lawn Bowls Green! | 0700 - 0800 | Lawn Bowls Green, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |
| Tues | Experience Sports Fitbit FIT-Tuesday: Bootcamp | Condition and strengthen your body with creative functional trainings under the careful guidance of our trainers! | 1900 - 2030 | Gate 2, 100Plus Promenade, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |
| Wed | Experience Sports Fitbit FIT-Wednesday: Yoga | Celebrate the mid-week as you practise Yoga under the scenic night sky! | 1900 - 2000 | Lawn Bowls Green, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |
| | Experience Sports Fitbit FIT-Wednesday: Zumba | Feel good about the mid-week and dance to salsa beats at our dynamic Zumba workout! | 1900 - 2000 | Gate 2, 100Plus Promenade, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |
| Thurs | Experience Sports Fitbit FIT-Thursday: Kick-Boxing | Keep active even during lunch time! Kick up some energy at our Kick-Boxing session! | 1230 - 1330 | Gate 2, 100Plus Promenade, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |
| | Experience Sports Fitbit FIT-Thursday: Fit-Stepper | Perfect your functional trainings and learn more about stair-climbing techniques! | 1900 - 2030 | Gate 2, 100Plus Promenade, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |
| Fri | Experience Sports Fitbit FIT-Friday: Sundown Yoga | Breathe in the fresh air and experience the sun set as you practise Yoga with us! | 1800 - 1900 | Lawn Bowls Green, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |
| Sat | Experience Sports Fitbit FIT-Saturday: Bootcamp | Challenge yourself to body conditioning activities this weekend at the Bootcamp sessions! | 0900 - 1100 | Gate 2, 100Plus Promenade, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |

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| Sun | Experience Sports Fitbit FIT-Sunday: Cardio Blast | Pump up your heart this weekend at the carefully choreographed Cardio Blast - inspired by Zumba dance moves and Kick-Boxing techniques! | Sundays: 0900 - 1000 | Gate 2, 100Plus Promenade, Singapore Sports Hub 1 Stadium Drive, National Stadium, Singapore 397629 |
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