

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 Active Global Fitness @ 82991880, enquiry@activeglobalfitness.com or Academy of Sports and Exercise Science @65645171, hpb.sitc@ases.edu.sg

| Activity | Area | Venue | Day of month | Start Time | End Time |
|----------------------------------|---------|--|--------------|------------|----------|
| 360 HIIT | Central | Peace Centre, #06-13 (Bencoolen) (360 Fitness) | Every Tue | 8:00am | 9:00am |
| Animal Flow | Central | Pasir Panjang (Bailemos) | Every Mon | 9:00am | 10:00am |
| Avengers | West | Rifle Range Road (Equip Fitness) | Every Sun | 9:00am | 10:00am |
| Back to Basics | Central | Chinatown (Yogapoint) | Every Mon | 10:15am | 11:15am |
| Back, Neck & Shoulder | West | Clementi Ave 3 Blk 446 (Platinum Yoga) | Every Mon | 7:15am | 8:15am |
| Bbarreless | Central | Peace Centre, #06-13 (Bencoolen) (360 Fitness) | Every Mon | 9:30am | 10:30am |
| Body Attack - Les Mills (Hybrid) | North | Djitsun Mall @ AMK (True Fitness) | Every Wed | 11:00am | 12:00pm |
| Body Combat | Central | Peace Centre, #06-13 (Bencoolen) (360 Fitness) | Every Wed | 1:00pm | 2:00pm |
| Body Combat | East | ESR Biz Park (True Fitness) | Every Sat | 7:00am | 8:00am |
| Body Combat (Hybrid) | Central | Millenia Walk TFX (True Fitness) | Every Fri | 7:15am | 8:00am |
| Body Pump | North | Djitsun Mall @ AMK (True Fitness) | Every Sat | 7:00am | 8:00am |
| BodyArt (Hybrid) | Central | Pasir Panjang (Bailemos) | Every Thu | 10:00am | 11:00am |
| Bolly Dazz Fitness | Central | 261 Waterloo Street (Bugis) (Bolly Dancing Studio) | Every Tue | 8:45am | 9:45am |
| Bolly Dazz Fitness | Central | 261 Waterloo Street (Bugis) (Bolly Dancing Studio) | Every Wed | 10:00am | 11:00am |
| Bootcamp | Central | Potong Pasir (Anytime Fitness) | Every Tue | 9:00am | 10:00am |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------------------------------|---------|--|--------------|------------|----------|
| Bootcamp | Central | Potong Pasir (Anytime Fitness) | Every Thu | 8:00am | 9:00am |
| Cardio BoxFit | Central | 717 North Bridge Road (Bugis) (1-Habit Studio) | Every Thu | 8:00am | 9:00am |
| Cardio Dance | Central | Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio) | Every Wed | 9:00am | 10:00am |
| Cardio Hip Hop (Hybrid) | Central | Clarke Quay (Artistate Dance Studio) | Every Fri | 9:00am | 10:00am |
| Core Yoga | Central | Prinsep Street (Jyan Yoga) | Every Fri | 8:30am | 9:30am |
| Core Yoga | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Mon | 12:30pm | 1:30pm |
| Core Yoga | West | Clementi Ave 3 Blk 446 (Platinum Yoga) | Every Thu | 8:30am | 9:30am |
| Core Yoga (Hybrid) | North | Ang Mo Kio Hub (Platinum Yoga) | Every Mon | 7:00am | 8:00am |
| Core Yoga (Hybrid) | Central | Pacific Plaza TFX (True Fitness) | Every Wed | 7:30am | 8:30am |
| Core Yoga (Virtual) | Central | Sign up on www.eventbrite.com/o/active-global-fitness-32707334825 | Every Thu | 8:30am | 9:30am |
| Deep Stretch & Flow Yoga (Hybrid) | North | Ang Mo Kio Hub (Platinum Yoga) | Every Thu | 8:30am | 9:30am |
| Detox Flow | Central | Parkway Centre (Platinum Yoga) | Every Sun | 8:30am | 9:30am |
| Detox Flow | West | Westgate Tower (Platinum Yoga) | Every Sat | 7:15am | 8:15am |
| Detox Flow (Hybrid) | North | Ang Mo Kio Hub (Platinum Yoga) | Every Sun | 7:15am | 8:15am |
| Detox Flow Yoga (Hybrid) | Central | Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga) | Every Wed | 8:00am | 9:00am |
| Detox Yoga | West | Clementi Ave 3 Blk 446 (Platinum Yoga) | Every Sun | 12:30pm | 1:30pm |
| Fight-Do | Central | Hometeam NS Balestier - JOM (ActivFitness) | Every Tue | 10:00am | 11:00am |
| Fight-Do | East | ESR Biz Park (True Fitness) | Every Sat | 8:20am | 9:20am |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|----------------------------------|---------|--|--------------|------------|----------|
| Fight-Do (Hybrid) | Central | Millenia Walk TFX (True Fitness) | Every Tue | 9:30am | 10:30am |
| Fight-Do (Hybrid) | Central | Millenia Walk TFX (True Fitness) | Every Thu | 4:00pm | 5:00pm |
| Gentle Yoga | Central | Chinatown (Yogapoint) | Every Tue | 9:00am | 10:00am |
| Gentle Yoga (Hybrid) | East | Income @ Tampines (True Fitness) | Every Sun | 9:50am | 10:50am |
| Grit Cardio - Les Mills (Hybrid) | East | Djitsun Mall @ AMK (True Fitness) | Every Thu | 7:00am | 8:00am |
| Grit Cardio - Les Mills (Hybrid) | Central | Millenia Walk TFX (True Fitness) | Every Wed | 4:00pm | 5:00pm |
| Grityard HIIT | Central | 2 College Road, Medical Alumni Association Building (GritYard) | Every Tue | 11:00am | 12:00pm |
| Grityard HIIT | Central | 2 College Road, Medical Alumni Association Building (GritYard) | Every Thu | 11:00am | 12:00pm |
| Hatha Basic | Central | Toa Payoh (Real Yoga) | Every Mon | 7.30am | 8.30am |
| Hatha Basic | Central | Millenia Walk TFX (True Fitness) | Every Thu | 7:00am | 8:00am |
| Hatha Basic (Hybrid) | Central | Pacific Plaza TFX (True Fitness) | Every Sat | 8:30am | 9:30am |
| Hatha Flow | Central | Pacific Plaza TFX (True Fitness) | Every Fri | 7:30am | 8:30am |
| Hatha Vinyasa | Central | Parkway Centre (Platinum Yoga) | Every Sun | 1:15pm | 2:15pm |
| Hatha Vinyasa | Central | Suntec City Mall (Platinum Yoga) | Every Wed | 1:00pm | 2:00pm |
| Hatha Vinyasa | Central | Suntec City Mall (Platinum Yoga) | Every Thu | 7:45am | 8:45am |
| Hatha Vinyasa | West | Westgate Tower (Platinum Yoga) | Every Sat | 1:00pm | 2:00pm |
| Hatha Vinyasa | Central | Urban Den (True Fitness) | Every Mon | 9:00am | 10:00am |
| Hatha Vinyasa (Hybrid) | Central | Suntec City Mall (Platinum Yoga) | Every Sat | 9:00am | 10:00am |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------------------|---------|--|--------------|------------|----------|
| Hatha Yoga (Hybrid) | West | Clementi Ave 3 Blk 446 (Platinum Yoga) | Every Fri | 4:00pm | 5:00pm |
| HIIT | Central | Keppel (Anytime Fitness) | Every Wed | 11:00am | 12:00pm |
| HIIT - Garage Circuit | Central | Lor Kilat (The Garage) | Every Tue | 12:00pm | 1:00pm |
| HIIT - Garage Circuit | Central | Lor Kilat (The Garage) | Every Thu | 12:00pm | 1:00pm |
| HIT THE FATS | North | 190 Ang Mo Kio Ave 8, #01-03, S(568046) (Sculpt Society) | Every Sat | 12:00pm | 1:00pm |
| HIT THE FATS | North | 190 Ang Mo Kio Ave 8, #01-03, S(568046) (Sculpt Society) | Every Sun | 12:00pm | 1:00pm |
| Hot 26 Yoga | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Mon | 7:30am | 8:30am |
| Jump Fit Boots | Central | Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio) | Every Mon | 9:15am | 10:15am |
| Jump Fit Boots | Central | Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio) | Every Sat | 10:00am | 11:00am |
| Kardioblast | Central | Hometeam NS Balestier - JOM (ActivFitness) | Every Mon | 10:00am | 11:00am |
| Kickboxing | Central | Clarke Quay (Artistate Dance Studio) | Every Fri | 12:00pm | 1:00pm |
| Kickboxing | Central | Sims Drive (Zen Academy) | Every Mon | 8:30am | 9:30am |
| K-Kardio | Central | Pasir Panjang (Bailemos) | Every Thu | 11:30am | 12:30pm |
| K-Kardio (Hybrid) | Central | Clarke Quay (Artistate Dance Studio) | Every Wed | 9:00am | 10:00am |
| K-Kardio (Hybrid) | Central | Pasir Panjang (Bailemos) | Every Tue | 7:30am | 8:30am |
| K-Kardio Dance | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Sat | 12:15pm | 1:15pm |
| Kpop X | North | Djitsun Mall @ AMK (True Fitness) | Every Fri | 8:20am | 9:20am |
| KPOP X (Hybrid) | North | Djitsun Mall @ AMK (True Fitness) | Every Wed | 3:00pm | 4:00pm |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------------------|---------|--|--------------|------------|----------|
| Kpop X (Hybrid) | Central | Millenia Walk TFX (True Fitness) | Every Sat | 7:00am | 8:00am |
| KPOPX | Central | Clarke Quay (Artistate Dance Studio) | Every Wed | 10:30am | 11:30am |
| KpopX | East | Income @ Tampines (True Fitness) | Every Sat | 8:20am | 9:20am |
| KPOPX (Hybrid) | Central | Pasir Panjang (Bailemos) | Every Mon | 10:30am | 11:30am |
| KPOPX (Hybrid) | Central | Pasir Panjang (Bailemos) | Every Fri | 10:30am | 11:30am |
| KpopX Fitness | North | 190 Ang Mo Kio Ave 8, Dance Studio L2 (The Grassroots' Club) | Every Mon | 7:30am | 8:30am |
| KpopX Fitness | North | 190 Ang Mo Kio Ave 8, Dance Studio L2 (The Grassroots' Club) | Every Fri | 7:30am | 8:30am |
| KpopX Fitness | Central | Millenia Walk TFX (True Fitness) | Every Mon | 7:15am | 8:00am |
| Les Mills Bodycombat | Central | Tan Quee Lan Street (Bugis) (JR Fitness) | Every Mon | 9:00am | 10:00am |
| Les Mills Bodycombat | Central | Tan Quee Lan Street (Bugis) (JR Fitness) | Every Wed | 10:15am | 11:15am |
| Mat Pilates | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Wed | 10:30am | 11:30am |
| MEGADANZ | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Wed | 12:00pm | 1:00pm |
| MEGADANZ | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Sat | 11:00am | 12:00pm |
| Muay Thai | Central | Sims Drive (Zen Academy) | Every Wed | 8:30am | 9:30am |
| Muay Thai | Central | Sims Drive (Zen Academy) | Every Fri | 10:10am | 11:10am |
| Neck, Back & Shoulder | North | Ang Mo Kio Hub (Platinum Yoga) | Every Fri | 12:30pm | 1:30pm |
| Pilates | Central | Peace Centre, #06-13 (Bencoolen) (360 Fitness) | Every Fri | 12:00pm | 1:00pm |
| Pilates | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Tue | 10:00am | 11:00am |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|---------------------|---------|--|--------------|------------|----------|
| Pilates | North | Djitsun Mall @ AMK (True Fitness) | Every Mon | 7:10am | 8:10am |
| Pilates | Central | Millenia Walk TFX (True Fitness) | Every Sun | 8:30am | 9:30am |
| Pilates (Hybrid) | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Tue | 12:30pm | 1:30pm |
| Pilates (Hybrid) | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Fri | 12:30pm | 1:30pm |
| Pilates (Hybrid) | Central | Parkway Centre (Platinum Yoga) | Every Sun | 12:15pm | 1:15pm |
| Piloxing | Central | Peace Centre, #06-13 (Bencoolen) (360 Fitness) | Every Thu | 12:00pm | 1:00pm |
| Piloxing | Central | Clarke Quay (Artistate Dance Studio) | Every Mon | 10:30am | 11:30am |
| Piloxing | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Sun | 1:15pm | 2:15pm |
| Piloxing | Central | Aperia Mall (Trium Fitness) | Every Tue | 8:30am | 9:30am |
| Piloxing (Hybrid) | Central | Pasir Panjang (Bailemos) | Every Tue | 10:30am | 11:30am |
| Piloxing (Hybrid) | Central | Pasir Panjang (Bailemos) | Every Sun | 9:00am | 10:00am |
| Piloxing (Hybrid) | Central | Aperia Mall (Trium Fitness) | Every Mon | 4:30pm | 5:30pm |
| Piloxing SSP | North | 190 Ang Mo Kio Ave 8, Dance Studio L2 (The Grassroots' Club) | Every Wed | 7:30am | 8:30am |
| Pound Fit | Central | 261 Waterloo Street (Bugis) (Bolly Dancing Studio) | Every Mon | 8:30am | 9:30am |
| Power Yoga (Hybrid) | Central | Suntec City Mall (Platinum Yoga) | Every Fri | 1:00pm | 2:00pm |
| Reshape | West | Rifle Range Road (Equip Fitness) | Every Sat | 8:00am | 9:00am |
| Restorative Yoga | West | Westgate Tower (Platinum Yoga) | Every Fri | 1:00pm | 2:00pm |
| Sculpt Yoga | Central | Prinsep Street (Jyan Yoga) | Every Tue | 8:30am | 9:30am |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|------------------------------------|---------|--|--------------|------------|----------|
| Shape Yoga (Hybrid) | West | Clementi Ave 3 Blk 446 (Platinum Yoga) | Every Fri | 8:30am | 9:30am |
| Sparkd Fit | Central | The Herencia (SPARKD) | Every Tue | 10:15am | 11:15am |
| Sparkd Fit | Central | The Herencia (SPARKD) | Every Thu | 10:15am | 11:15am |
| Spin Class | Central | Millenia Walk TFX (True Fitness) | Every Thu | 9:30am | 10:30am |
| Spin Class | Central | Millenia Walk TFX (True Fitness) | Every Sat | 8:40am | 9:40am |
| Strength Class | North | 80 Bendemeer Road (Dungeon Fitness) | Every Mon | 9:30am | 10:30am |
| Strength Class | North | 80 Bendemeer Road (Dungeon Fitness) | Every Mon | 10:45am | 11:45am |
| Strength Class | North | 80 Bendemeer Road (Dungeon Fitness) | Every Wed | 9:30am | 10:30am |
| Strength Class | North | 80 Bendemeer Road (Dungeon Fitness) | Every Wed | 10:45am | 11:45am |
| Strength Class | North | 80 Bendemeer Road (Dungeon Fitness) | Every Fri | 9:30am | 10:30am |
| Strength Class | North | 80 Bendemeer Road (Dungeon Fitness) | Every Fri | 10:45am | 11:45am |
| Stretch Yoga | Central | Prinsep Street (Jyan Yoga) | Every Wed | 8:30am | 9:30am |
| Stretch Yoga | Central | Urban Den (True Fitness) | Every Tue | 7:10am | 8:10am |
| Stretch Yoga (Hybrid) | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Thu | 12:30pm | 1:30pm |
| Stretch Yoga (Virtual) | Central | Sign up on www.eventbrite.com/o/active-global-fitness-32707334825 | Every Mon | 8:30am | 9:30am |
| Strong Nation | Central | Hometeam NS Balestier - JOM (ActivFitness) | Every Thu | 10:00am | 11:00am |
| Strong Nation - Les Mills (Hybrid) | North | Djitsun Mall @ AMK (True Fitness) | Every Fri | 3:00pm | 4:00pm |
| Strong Nation (Hybrid) | North | Djitsun Mall @ AMK (True Fitness) | Every Tue | 3:00pm | 4:00pm |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------------------|---------|--|--------------|------------|----------|
| Sun Salutation | East | Tampines Plaza 1, #06-02 Tampines Point (Trust Yoga) | Every Mon | 8:00am | 9:00am |
| Sun Series (Hybrid) | Central | HarbourFront (True Fitness) | Every Sat | 11:30am | 12:30pm |
| Sunrise Yoga | Central | Suntec City Mall (Platinum Yoga) | Every Mon | 7:45am | 8:45am |
| Sunrise Yoga (Hybrid) | Central | Suntec City Mall (Platinum Yoga) | Every Tue | 7:45am | 8:45am |
| Supafresh | Central | Hometeam NS Balestier - JOM (ActivFitness) | Every Wed | 9:00am | 10:00am |
| The Mix by Piloxing | Central | Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio) | Every Tue | 8:00am | 9:00am |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Mon | 1:00pm | 2:00pm |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Tue | 7:45am | 8:45am |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Tue | 1:00pm | 2:00pm |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Wed | 1:15pm | 2:15pm |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Thu | 7:30am | 8:30am |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Fri | 7:45am | 8:45am |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Fri | 1:00pm | 2:00pm |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Sat | 9:45am | 10:45am |
| Trampoliné Fitness | Central | Peninsula Shopping Centre (Rasa Fitness & Dance) | Every Sun | 10:15am | 11:15am |
| Vinyasa Yoga | West | Clementi Ave 3 Blk 446 (Platinum Yoga) | Every Tue | 12:30pm | 1:30pm |
| Vinyasa Yoga | Central | Suntec City Mall (Platinum Yoga) | Every Sun | 1:00pm | 2:00pm |
| Vinyasa Yoga | Central | Chinatown (Yogapoint) | Every Thu | 11.30am | 12.30pm |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|--------------------------|---------|---|--------------|------------|----------|
| Vinyasa Yoga (Hybrid) | Central | Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga) | Every Tue | 4:30pm | 5:30pm |
| Yin Yang Yoga | Central | Chinatown (Yogapoint) | Every Thu | 10:15am | 11:15am |
| Yin Yoga | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Thu | 10:00am | 11:00am |
| Yin Yoga | Central | Chinatown (Yogapoint) | Every Tue | 10:15am | 11:15am |
| Yin Yoga (Hybrid) | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Sun | 12:00pm | 1:00pm |
| Yin Yoga (Hybrid) | Central | Chinatown (Yogapoint) | Every Tue | 10:15am | 11:15am |
| Yoga & Relaxation | Central | Chinatown (Yogapoint) | Every Mon | 9:00am | 10:00am |
| Yoga & Wellness | Central | Chinatown (Yogapoint) | Every Fri | 9:00am | 10:00am |
| Yoga Core | Central | Parkway Centre (Platinum Yoga) | Every Wed | 7:15am | 8:15am |
| Yoga Flow | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Wed | 7:30am | 8:30am |
| Yoga Flow | Central | HarbourFront (True Fitness) | Every Wed | 8:50am | 9:50am |
| Yoga Flow (Hybrid) | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Mon | 10:30am | 11:30am |
| Yoga for Back Pain | Central | Chinatown (Yogapoint) | Every Wed | 10:15am | 11:15am |
| Yoga for Neck & Shoulder | Central | Chinatown (Yogapoint) | Every Wed | 11:30am | 12:30pm |
| Yoga for Weight Loss | Central | Chinatown (Yogapoint) | Every Fri | 10:15am | 11:15am |
| Yoga Stretch | West | Jurong Gateway (Real Yoga) | Every Mon | 7:30am | 8:30am |
| Yoga Stretch | Central | Toa Payoh (Real Yoga) | Every Tue | 8:30am | 9:30am |
| Yoga Stretch (Hybrid) | Central | Urban Den (True Fitness) | Every Fri | 7:30am | 8:30am |

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|-----------------------|---------|---|--------------|------------|----------|
| Yoga Stretch (Hybrid) | Central | Chinatown (Yogapoint) | Every Thu | 9:00am | 10:00am |
| Yoga Therapy | Central | Toa Payoh (Real Yoga) | Every Thu | 8:30am | 9:30am |
| Yoga Tone | North | Ang Mo Kio Hub (Platinum Yoga) | Every Tue | 8:30am | 9:30am |
| Yoga Tone | West | Westgate Tower (Platinum Yoga) | Every Sun | 1:00pm | 2:00pm |
| Yogalates | Central | Suntec City Mall (Platinum Yoga) | Every Sat | 1:00pm | 2:00pm |
| Yogalates (Hybrid) | Central | Far East Shopping Centre (Orchard Sweatbox) | Every Wed | 12:30pm | 1:30pm |
| Yogalates (Hybrid) | Central | Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga) | Every Thu | 12:30pm | 1:30pm |
| Zumba | Central | Clarke Quay (Artistate Dance Studio) | Every Wed | 12:00pm | 1:00pm |
| Zumba | Central | Pasir Panjang (Bailemos) | Every Wed | 9:30am | 10.30am |
| Zumba | Central | Income @ Tampines (True Fitness) | Every Sun | 8:20am | 9:20am |
| Zumba (Hybrid) | Central | Pasir Panjang (Bailemos) | Every Tue | 9:00am | 10:00am |
| Zumba (Hybrid) | Central | Aperia Mall (Trium Fitness) | Every Wed | 9:30am | 10.30am |
| Zumba (Hybrid) | Central | Aperia Mall (Trium Fitness) | Every Thu | 10:00am | 11:00am |
| Zumba (Hybrid) | Central | Aperia Mall (Trium Fitness) | Every Fri | 11:00am | 12:00pm |
| Zumba (Hybrid) | North | Djitsun Mall @ AMK (True Fitness) | Every Sun | 8:20am | 9:20am |
| Zumba Fitness | Central | Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio) | Every Tue | 10:00am | 11:00am |
| Zumba Fitness | Central | Tan Quee Lan Street (Bugis) (JR Fitness) | Every Mon | 10:15am | 11:15am |
| Zumba Toning | Central | Tan Quee Lan Street (Bugis) (JR Fitness) | Every Wed | 9:00am | 10:00am |