

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 Minmed@ 87886986, fitness@minmed.sg

Activity	Area	Venue	Day of month	Start Time	End Time
Fight Do	Central	Velocity @ Novena Square Outdoor Court, Level 1	2nd Wed	6:30pm	7:30pm
Kickboxing	North East	Tampines Mall Open Plaza, Level 4	Every Wed	7:00pm	8:00pm
Kickboxing	North West	Bukit Panjang Plaza Garden Plaza, Level 4	1st, 3rd, & 5th Sun	10:00am	11:00am
K-Kardio	South West	Jcube Level 5 J-Stage	Every Mon	7:00pm	8:00pm
K-Kardio	South West	Jcube Level 5 J-Stage	Every Fri	7:00pm	8:00pm
Kpop X Fitness	Central	Anchorpoint Open Plaza (next to Xin Wang Hong Kong Café)	2nd & 4th Wed	6:30pm	7:30pm
KpopX Fitness	Central	Tiong Bahru Plaza Level 1 outdoor area (outside UOB)	2nd & 4th Thu	7:00pm	8:00pm
KpopX Fitness	North East	Hougang Mall Level 5 Rooftop Terrace	2nd & 4th Sat	6:00pm	7:00pm
KpopX Fitness	North East	Punggol Plaza B1 outdoor space	Every Sun	9:00am	10:00am
Kpop X Fitness	North West	Bukit Panajang Plaza Garden Plaza, Level 4	2nd & 4th Sun	10:00am	11:00am
Kpop X Fitness	South East	Changi City Point Level 1 Open Plaza	Every Sat	10:00am	11:00am
Kpop X Fitness	South West	IMM Garden Plaza at Level 3	Every Tue	7:00pm	8:00pm
Kpop X Fitness	South West	Jurong Point Shopping Centre Sheltered space outside UOB	2nd & 4th Sun	9:00am	10:00am
Kpop X Fitness	South West	Level 1 JEM Street (Outside Mcdonald's)	Every Wed	6:30pm	7:30pm

Activity	Area	Venue	Day of month	Start Time	End Time
Piloxing	Central	AMK Hub Level 1 Main Entrance	Every Tue	7:00pm	8:00pm
Piloxing	Central	Tiong Bahru Plaza Level 1 outdoor area (outside UOB)	1st, 3rd & 5th Thu	7:00pm	8:00pm
Piloxing	Central	Velocity @ Novena Square Outdoor Court, Level 1	1st Wed	6:30pm	7:30pm
Piloxing	North East	Downtown East Begonia Terrace	Every Wed	7:00pm	8:00pm
Salsation	South West	Lot One Shoppers' Mall Level 5 Roof Garden	Every Mon	7:00pm	8:00pm
Zumba	Central	Anchorpoint Open Plaza (next to Xin Wang Hong Kong Café)	1st, 3rd, & 5th Wed	6:30pm	7:30pm
Zumba	Central	Buangkok Square Level 1 Community Plaza	1st & 3rd Mon	7:00pm	8:00pm
Zumba	Central	Zhongshan Mall Zhongshan Park	Every Tue	6:30pm	7:30pm
Zumba	North East	Elias Mall Open Plaza	Every 1st and 3rd Mon	7:00pm	8:00pm
Zumba	North East	Hougang Mall Level 5 Rooftop Terrace	1st, 3rd & 5th Sat	6:00pm	7:00pm
Zumba	North East	Oasis Terraces Level 1 Community Plaza	Every Mon	7:00pm	8:00pm
Zumba	North West	Canberra Plaza Community Plaza	Every Mon	7:00pm	8:00pm
Zumba	North West	Hillion Mall MRT Plaza (near the MRT entrance)	Every Thu	7:00pm	8:00pm
Zumba	North West	Kampung Admiralty Open Plaza in front of stage (Zone B)	Every Mon	7:00pm	8:00pm
Zumba	South East	Eastpoint Mall Level 6 playground	Every Thu	7:00pm	8:00pm
Zumba	South East	Parkway Parade Outdoor Plaza, outside Ya Kun	Every Sat	6:00pm	7:00pm
Zumba	South West	Jurong Point Shopping Centre Sheltered space outside UOB	1st, 3rd, & 5th Sun	9:00am	10:00am
Zumba	South West	West Mall Level 4 Rooftop Holding Area (lobby next to #04-12 dental clinic)	Every Thu	6:30pm	7:30pm