

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	Central	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	Central	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
Garage Circuit	West	Lor Kilat (The Garage)	Every Mon	12:30pm	1:30pm
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	Central	Millenia Walk TFX (True Fitness)	Every Wed	4:00pm	4:45pm
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	West	Lor Kilat (The Garage)	Every Tue	12:00pm	1:00pm
HIIT - Garage Circuit	West	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	Central	Revenue House (Trilogic Fitness)	Every Wed	8:00am	9:00am
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

Activity	Area	Venue	Day of month	Start Time	End Time
KPOP X (Hybrid)	North	Djitsun Mall @ AMK (True Fitness)	Every Wed	3:00pm	4:00pm
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

Activity	Area	Venue	Day of month	Start Time	End Time
Pilates	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Tue	10:00am	11:00am
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
Pop-Pilates	Central	Revenue House (Trilogic Fitness)	Every Thu	7:45am	8:45am
Pound Fit	Central	261 Waterloo Street (Bugis) (Bolly Dancing Studio)	Every Mon	8:30am	9:30am
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

Activity	Area	Venue	Day of month	Start Time	End Time
Sculpt Yoga	Central	Prinsep Street (Jyan Yoga)	Every Tue	8:30am	9:30am
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
Strength Class	West	Lor Kilat (The Garage)	Every Mon	11:00am	12:00pm
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

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	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
Yoga Stretch (Hybrid)	Central	Chinatown (Yogapoint)	Every Thu	9:00am	10:00am

Activity	Area	Venue	Day of month	Start Time	End Time
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	East	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	11:00pm	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