

Mall Workout 2018 Schedule

Updated as at 22/2/2018

Mall Workout

| Venue | Day | Time | Activity |
|--|---|--------------------------------------|--|
| OneKM Level 1 Main Atrium | First 2 Mondays of the month (January to March 2018) | 7pm to 8pm | Zumba (1st Mon) KpopX Fitness (2nd Mon) |
| United Square Shopping Mall Basement 1 Atrium | Last 2 Mondays of the month | 7pm to 8pm | KpopX Fitness (2nd last Mon) Zumba (Last Mon) |
| The Star Vista Basement 1 The Star Plaza | Every Monday | 7.30pm to 8.30pm | Kickboxing |
| Nex nex Event Plaza, Basement 2 (near Food Republic) | 1st & 3rd Monday of the month (Starting from March 2018) | 7pm to 8pm | Zumba |
| Sun Plaza Outdoor area at entrance opposite to MRT | 1st & 3rd Tuesday of the month (Starting from April 2018) | 7pm to 8pm | Zumba |
| IMM Garden Plaza at Level 3 | Every Tuesday | 7pm to 8pm | KpopX Fitness |
| Lot One Shoppers' Mall Level 5 Roof Garden | Every Tuesday | 7.30pm to 8.30pm | K-Kardio |
| AMK Hub Level 1 Main Entrance | Every Tuesday | 7pm to 8pm | Piloxing |
| Zhongshan Mall *NEW* Zhongshan Park | 2nd & 4th Tuesday of the month (Starting from March 2018) | 7pm to 8pm | Zumba |
| Jem Level 1 Jem Street (Outside McDonald's) | Every Wednesday | 6.30pm to 7.30pm | KpopX Fitness |
| Tampines Mall Open Plaza, Level 4 | Every Wednesday | 7pm to 8pm | Kickboxing |
| The Clementi Mall *NEW* Level 1 Outdoor Area (In front of O Mamma Mia) | 1st & 3rd Wednesday of the month | 7pm to 8pm | Zumba |
| Velocity *NEW* Outdoor Court, Level 1 | First 2 Wednesdays of the month | 6.30pm to 7.30pm | Piloxing (1st Wed) Fight Do (2nd Wed) |
| I12 Katong *NEW* Level 2 Atrium | 1st & 3rd Wednesday of the month (Starting from March 2018) | 7.30pm to 8.30pm | K-Kardio |
| West Mall Level 1 (Outdoor sidewalk area beside Jade Condominium) | 1st & 3rd Thursday of the month | 6.30pm - 7.30pm | Zumba |
| Tiong Bahru Plaza Level 1 outdoor area (outside UOB) | Every Thursday | 7pm to 8pm | Piloxing (1st, 3rd and 5th Thurs) KpopX Fitness (2nd & 4th Thurs) |
| Tampines 1 Rooftop | 2nd & 4th Thursday of the month | 7pm to 8pm | Piloxing |
| Raffles Holland V Sky Terrace (Roof) accessible via FL/EL1 Lift | 2nd & 4th Thursday of the month | 6.30pm to 7.30pm | Zumba |
| City Square Mall Basement 1 Fountain Square | Every Thursday | 6.30pm to 7.30pm | Zumba |
| Hillion Mall MRT Plaza (near the MRT entrance) | Every Thursday | 7pm to 8pm | Zumba |
| JCube Level 5 J-Stage | Every Friday | 7pm to 8pm | K-Kardio |
| Junction 8 Level 3 Roof Garden | Every Friday | 7pm to 8pm | KpopX Fitness |
| Eastpoint Mall At Level 1 Open Space (between Macdonald and KFC) | 1st & 3rd Friday of the month | 7pm to 8pm | Zumba (1st Fri) Kickboxing (3rd Fri) |
| Hougang Mall Level 5 Rooftop Terrace | 2nd & 4th Friday of the month (Starting from March 2018) *NEW* 1st & 3rd Saturday of the month | 7pm to 8pm (Fri) 6pm to 7pm (Sat) | Piloxing (Fri) Zumba (Sat) |
| Parkway Parade Indoor Open Space area at Level 5 | 1st & 3rd Saturday of the month (Starting from March 2018) *NEW* | 6pm to 7pm | Zumba |
| White Sands Level 1, Open space outside KFC | 2nd & 4th Saturday of the month | 9.30am to 10.30am | Zumba (2nd Sat) K-Kardio (4th Sat) |
| Hougang 1 Outdoor Event Space | 2nd & 4th Saturday of the month | 6pm to 7pm | KpopX Fitness |
| Bedok Point Level 4 Garden Terrace | Every Saturday | 6.30pm to 7.30pm | KpopX Fitness (1st, 3rd & 5th Sat) Zumba (2nd & 4th Sat) |
| Waterway Point The Plaza @ B1 | Last Saturday & Sunday of the month (Starting from February 2018) | 9am to 10am | Piloxing |
| Jurong Point Shopping Centre Sheltered space outside UOB | Every Sunday | 9am to 10am | Zumba (1st, 3rd & 5th Sun) KpopX Fitness (2nd & 4th Sun) |
| Bukit Panjang Plaza Garden Plaza, Level 4 | 1st & 3rd Sunday of the month | 10am to 11am | Kickboxing |
| Changi City Point Level 1 Open Plaza | 2nd & 4th Sunday of the month | 6pm to 7pm | KpopX Fitness |

* Exercise session locations are indicated as the above table unless stated in the respective months' calendar.

Mall Workout - Feb 2018

Updated as at 16/1/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
| | | | | 1 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 2 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 3 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 4 Jurong Pt ~ Zumba (9 - 10am) Bt Panjang Plaza ~ Kickboxing (10 - 11am) | 5 OneKM ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 6 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 7 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) | 8 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 9 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) | 10 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 11 Jurong Pt ~ KpopX (9 - 10am) Changi City Pt ~ KpopX (6 - 7pm) CANCELLED | 12 OneKM ~ KpopX (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 13 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 14 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 15 West Mall ~ Zumba (6.30 - 7.30pm) CANCELLED City Sq ~ Zumba (6.30 - 7.30pm) CANCELLED Hillion Mall ~ Zumba (7 - 8pm) CANCELLED Tiong Bahru Plaza ~ Piloxing (7 - 8pm) CANCELLED | 16 Chinese New Year JCube ~ K-Kardio (7 - 8pm) CANCELLED J8 ~ KpopX (7 - 8pm) CANCELLED East Point ~ Kickboxing (7 - 8pm) CANCELLED | 17 Chinese New Year Hougang Mall ~ Zumba (6 - 7pm) CANCELLED Bedok Pt ~ KpopX (6.30 - 7.30pm) CANCELLED |
| 18 Jurong Pt ~ Zumba (9 - 10am) Bt Panjang Plaza ~ Kickboxing (10 - 11am) CANCELLED | 19 United Sq ~ KpopX (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) CANCELLED | 20 AMK Hub ~ Piloxing (7 - 8pm) CANCELLED IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 21 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) | 22 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) CANCELLED Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 23 JCube ~ K-Kardio (7 - 8pm) CANCELLED J8 ~ KpopX (7 - 8pm) | 24 Waterway Pt ~ Piloxing (9 - 10am) White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 25 Waterway Pt ~ Piloxing (9 - 10am) Jurong Pt ~ KpopX (9 - 10am) Changi City Pt ~ KpopX (6 - 7pm) | 26 United Sq ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 27 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 28 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | | | |

Notes:

AMK Hub - the exercise venue on 6, 13, 27 Feb will be located at the sheltered walkway beside main entrance
The Star Vista - the exercise venue on 5, 12, 26 Feb will be located at Level 3

Mall Workout - Mar 2018

Updated as at 26/2/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|---|
| | | | | 1 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba * (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 2 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 3 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 4 Jurong Pt ~ Zumba (9 - 10am) Bt Panjang Plaza ~ Kickboxing (10 - 11am) | 5 OneKM ~ Zumba (7 - 8pm) Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) CANCELLED | 6 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 7 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 8 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 9 JCube ~ K-Kardio (7 - 8pm) CANCELLED J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7 - 8pm) | 10 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 11 Jurong Pt ~ KpopX (9 - 10am) Changi City Pt ~ KpopX (6 - 7pm) | 12 OneKM ~ KpopX (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 13 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 14 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 15 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 16 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) | 17 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 18 Jurong Pt ~ Zumba (9 - 10am) Bt Panjang Plaza ~ Kickboxing (10 - 11am) | 19 Nex ~ Zumba (7 - 8pm) United Sq ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) CANCELLED | 20 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) CANCELLED | 21 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 22 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 23 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7 - 8pm) | 24 White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
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Notes:

AMK Hub - the exercise venue on 6, 13 Mar will be located at the sheltered walkway beside main entrance

City Square - the exercise venue on 1 Mar will be located at Level 1 City Green

Mall Workout - Apr 2018

Updated as at 14/2/2018

***Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|---|
| 1 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 2 OneKM ~ Zumba (7 - 8pm) Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 3 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 4 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) I12Katong ~ K-Kardio (7.30 - 8.30pm) | 5 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 6 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 7 Parkway Parade~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
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| 29 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt~ Zumba (9- 10am) | 30 United Sq ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | | | | | |

Mall Workout - May 2018

Updated as at 14/2/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|--|
| | | 1 Labour Day AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 2 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) I12Katong ~ K-Kardio (7.30 - 8.30pm) | 3 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 4 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 5 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
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| 27 Waterway Pt ~ Piloxing (9 - 10am) Jurong Pt ~ KpopX (9 - 10am) Changi City Pt ~ KpopX (6 - 7pm) | 28 United Sq ~ Zumba (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 29 Vesak Day AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 30 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 31 City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | | |

Notes:

AMK Hub - the exercise venue on 29 May will be located at the sheltered walkway beside main entrance

Mall Workout - Jun 2018

Updated as at 14/2/2018

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--|--|
| | | | | | 1 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 2 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 3 Jurong Pt ~ Zumba (9-10am) Bt Panjang Plaza ~ Kickboxing (10-11am) | 4 Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 5 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 6 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 7 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 8 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 9 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 10 Jurong Pt ~ KpopX (9-10am) Changi City Pt ~ KpopX (6 - 7pm) | 11 Star Vista ~ Kickboxing (7.30 - 8.30pm) | 12 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 13 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 14 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 15 Hari Raya Pausa JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) | 16 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 17 Jurong Pt ~ Zumba (9-10am) Bt Panjang Plaza ~ Kickboxing (10-11am) | 18 Nex ~ Zumba (7 - 8pm) United Sq ~ KpopX (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 19 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 20 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 21 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 22 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 23 White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 24 Waterway Pt ~ Piloxing (9-10am) Jurong Pt ~ KpopX (9-10am) Changi City Pt ~ KpopX (6 - 7pm) | 25 United Sq ~ Zumba (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 26 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 27 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 28 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 29 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) | 30 Waterway Pt ~ Piloxing (9-10am) Bedok Pt ~ KpopX (6.30 - 7.30pm) |

Notes:

AMK Hub - the exercise venue on 5, 12, 19 Jun will be located at the sheltered walkway beside main entrance

Mall Workout - Jul 2018

Updated as at 14/2/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|---|
| 1 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 2 Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 3 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 4 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 5 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 6 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 7 Parkway Parade~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 8 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 9 Star Vista ~ Kickboxing (7.30 - 8.30pm) | 10 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 11 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 12 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 13 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 14 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 15 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 16 Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 17 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 18 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 19 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 20 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) | 21 Parkway Parade~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 22 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 23 United Sq ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 24 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 25 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 26 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 27 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 28 Waterway Pt ~ Piloxing (9- 10am) White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 29 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt~ Zumba (9- 10am) | 30 United Sq ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 31 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | | | | |

Mall Workout - Aug 2018

Updated as at 14/2/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|---|
| | | | 1 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 2 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 3 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 4 Parkway Parade~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 5 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 6 Nex~ Zumba- (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 7 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 8 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 9 National Day Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall~ Zumba (7-8pm) CANCELLED Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 10 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 11 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 12 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 13 Star Vista ~ Kickboxing (7.30 - 8.30pm) | 14 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7- 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 15 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 16 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 17 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) | 18 Parkway Parade~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 19 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 20 United Sq ~ KpopX (7 - 8pm) Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 21 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 22 Hari Raya Haji Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 23 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 24 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 25 Waterway Pt ~ Piloxing (9- 10am) White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 26 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 27 United Sq ~ Zumba- (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 28 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7- 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 29 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 30 City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 31 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) | |

Mall Workout - Sep 2018

Updated as at 14/2/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|---|
| 30 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt~ Zumba (9- 10am) | | | | | | 1 Parkway Parade~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 2 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 3 Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 4 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 5 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 6 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 7 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 8 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 9 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 10 Star Vista ~ Kickboxing (7.30 - 8.30pm) | 11 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7- 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 12 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 13 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 14 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) | 15 Parkway Parade~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 16 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 17 Nex ~ Zumba (7 - 8pm) United Sq ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 18 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 19 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 112Katong ~ K-Kardio (7.30 - 8.30pm) | 20 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 21 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 22 White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 23 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 24 United Sq ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 25 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7- 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 26 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 27 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 28 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) | 29 Waterway Pt ~ Piloxing (9- 10am) Bedok Pt ~ KpopX (6.30 - 7.30pm) |

Notes:

AMK Hub - the exercise venue on 4 Sep will be located at the sheltered walkway beside main entrance

Mall Workout - Oct 2018

Updated as at 14/2/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|---|
| | 1 Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 2 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 3 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 12Katong ~ K-Kardio (7.30 - 8.30pm) | 4 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 5 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 6 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 7 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 8 Star Vista ~ Kickboxing (7.30 - 8.30pm) | 9 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 10 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 11 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 12 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 13 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 14 Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 15 Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 16 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun Plaza ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 17 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) 12Katong ~ K-Kardio (7.30 - 8.30pm) | 18 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 19 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) | 20 Parkway Parade ~ Zumba (6 - 7pm) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 21 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 22 United Sq ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 23 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 24 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 25 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 26 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 27 Waterway Pt ~ Piloxing (9- 10am) White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 28 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 29 United Sq ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 30 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 31 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | | | |

Notes:

AMK Hub - the exercise venue on 30 Oct will be located at the sheltered walkway beside main entrance

Mall Workout - Nov 2018

Updated as at 14/2/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---|
| | | | | 1 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 2 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) | 3 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 4 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 5 Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm) | 6 Deepavali AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun-Plaza ~ Zumba- (7-8pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 7 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) H2Katong ~ K-Kardio (7.30 - 8.30pm) CANCELLED | 8 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 9 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 10 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 11 Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 12 Star Vista ~ Kickboxing (7.30 - 8.30pm) | 13 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 14 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 15 West Mall ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 16 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) | 17 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 18 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 19 Nex ~ Zumba- (7-8pm) CANCELLED United Sq ~ KpopX- (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 20 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun-Plaza ~ Zumba- (7-8pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 21 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) H2Katong ~ K-Kardio (7.30 - 8.30pm) CANCELLED | 22 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 23 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 24 Waterway Pt ~ Piloxing (9- 10am) White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 25 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm) | 26 United Sq ~ Zumba- (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 27 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 28 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 29 City Sq ~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 30 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) | |

Notes:

AMK Hub - the exercise venue on 6, 13, 20, 27 Nov will be located at the sheltered walkway beside main entrance

Mall Workout - Dec 2018

Updated as at 14/2/2018

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|---|
| 30 Waterway Pt ~ Piloxing (9- 10am) Jurong Pt~ Zumba (9 - 10am) | 31 United Sq ~ Zumba- (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | | | | | 1 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 2 Jurong Pt~ Zumba (9 - 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 3 Nex~ Zumba- (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 4 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun-Plaza ~ Zumba- (7-8pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30am) | 5 Velocity ~ Piloxing (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) H2Katong ~ K-Kardio (7.30 - 8.30pm) CANCELLED | 6 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 7 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Zumba (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 8 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 9 Jurong Pt~ KpopX (9 - 10am) Changi City Pt ~ KpopX (6 - 7pm) | 10 Star Vista ~ Kickboxing (7.30 - 8.30pm) | 11 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Zhongshan Mall ~ Zumba (7- 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 12 Velocity ~ Fight Do (6.30 - 7.30pm) Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 13 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 14 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) | 15 Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30 - 7.30pm) |
| 16 Jurong Pt~ Zumba (9 - 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am) | 17 Nex~ Zumba- (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 18 AMK Hub ~ Piloxing * (7 - 8pm) IMM ~ KpopX (7 - 8pm) Sun-Plaza ~ Zumba- (7-8pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) | 19 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) Clementi Mall ~ Zumba (7 - 8pm) H2Katong ~ K-Kardio (7.30 - 8.30pm) CANCELLED | 20 West Mall ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm) | 21 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) East Point ~ Kickboxing (7 - 8pm) Hougang Mall ~ Piloxing (7- 8pm) | 22 White Sands ~ K-Kardio (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30 - 7.30pm) |
| 23 Jurong Pt~ KpopX (9 - 10am) Changi City Pt ~ KpopX (6 - 7pm) | 24 United Sq ~ KpopX- (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) | 25 Christmas Day AMK Hub ~ Piloxing- (7-8pm) CANCELLED IMM ~ KpopX (7-8pm) CANCELLED Zhongshan Mall ~ Zumba (7-8pm) CANCELLED Lot 1 ~ K-Kardio (7.30 - 8.30pm) CANCELLED | 26 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm) | 27 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ KpopX (7 - 8pm) | 28 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) | 29 Waterway Pt ~ Piloxing (9- 10am) Bedok Pt ~ KpopX (6.30 - 7.30pm) |

Notes:

AMK Hub - the exercise venue on 4, 11, 18 Dec will be located at the sheltered walkway beside main entrance