

IMPORTANT NOTICE for Fitness@Work MAR 2020

- 1) Download the Healthy 365 mobile app to check session availability and book your session
- 2) Sessions are subject to change; kindly refer to H365 for the updated sessions
- 3) For enquiries, please contact Team Axis @ 9384-3328 (10am to 6pm)

Area	Venue	Day of Month	Activity	Start Time	End Time
Central	Capitol Piazza	Every Tuesday	Body Art	6.30pm	7.30pm
Central	Marina Square	Every Monday	Yoga	6.30pm	7.30pm
Central	Marina Square	Every Tuesday	Zumba	6.30pm	7.30pm
Central	Marina Square	Every Wednesday	Kpop X Fitness	6.30pm	7.30pm
Central	Marina Square	Every Thursday	Kickboxing	6.30pm	7.30pm
Central	Sentosa Boardwalk	Every Wednesday	Zumba	6.30pm	7.30pm
Central	Sports Hub	7 & 21 Mar	Zumba	9am	10am
Central	Sports Hub	14 & 28 Mar	Kpop X	9am	10am
Central	Sports Hub	Every Thursday	Zumba	7pm	8pm
Central	Tanjong Pagar Centre	Every Monday	Cardio Blast/ HIIT	6.30pm	7.30pm
Central	The Lawn @ MB	Every Tuesday	Zumba	6.30pm	7.30pm
Central	UOB	Every Wednesday	Zumba	6.30pm	7.30pm



#MOVEIT150

Get moving. Get more from life.