

IMPORTANT NOTICE for SATP 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 more enquiries, please email fitness@minmed.sg or call 8720 0123

CANCELLATION NOTIFICATION

- 1) The workout sessions at Esplanade Park will be cancelled on the 29 Mar due to an event

Area	Venue	Activity	Start Time	End Time	Venue Details
Central	Alexandra Hill East Neighbourhood Park	Zumba® GOLD	8.30am	9.30am	Basketball Court near ABC Brickworks Food Centre
Central	Aljunied Park	Fight Do	8.30am	9.30am	Junction of Macpherson & Aljunied Rd. Hardcourt beside Fitness Corner
Central	Ang Mo Kio Town Garden West	Zumba® Fitness	5pm	6pm	Hardcourt opposite Ang Mo Kio Town Library
East	Bedok North Street 2 Blk 138	KpopX® Fitness	8.30am	9.30am	Amphitheatre
East	Bedok Reservoir Park	Fight Do	5pm	6pm	Hardcourt next to bistro along 740 Bedok Reservoir Road Singapore 479244
East	Bedok South Community Park	PILOXING®	8.30am	9.30am	Hardcourt behind Blk 15 Bedok South Road
Central	Bishan Ang Mo Kio Park	Fight Do	5pm	6pm	Along Bishan Road and Ang Mo Kio Avenue 1. Hardcourt near Carpark A
East	Buangkok Green Park	KpopX® Fitness	8.30am	9.30am	Basketball Court behind Blk 987A Buangkok Green
West	Bukit Batok Nature Park	Zumba® Fitness	5pm	6pm	Along Bukit Batok East Avenue 2 and Avenue 6. Open space at the Plaza area
West	Bukit Panjang N2 Park	K Kardio	5pm	6pm	Hardcourt facing Blk 203 Petir Road

SUNDAYS @ THE PARK

MARCH 2020

West	Bukit Panjang N5 Park	Zumba® Fitness	8.30am	9.30am	Hardcourt opposite Blk 502, Jelapang Road
Central	Bukit Purmei Hillock Park	KpopX® Fitness	8am	9am	Junction of Bukit Purmei Ave and Lower Delta Road. Amphitheatre
East	Chai Chee Road Blk 61	Masala Bhangra	5pm	6pm	Hardcourt opposite Blk 61 Chai Chee Road
West	Blk 210 Choa Chu Kang Central	PILOXING®	8.30am	9.30am	Hardcourt along Choa Chu Kang Drive, between Blk 201 and Blk 210 Choa Chu Kang Central
West	Blk 210 Choa Chu Kang Central	Zumba® Fitness	5pm	6pm	Hardcourt along Choa Chu Kang Drive, between Blk 201 and Blk 210 Choa Chu Kang Central
North	Circle Green Park	Aerobics	8.30am	9.30am	Link house beside Blk 732 Woodlands Circle
West	Clementi Neighbourhood Park	(Senior Centric) Qigong	8.00am	9.00am	Along Clementi Road, Hardcourt near Blk 118 Clementi Street 13
West	Clementi Woods Park	#32Beats Dance Fitness	5pm	6pm	Hardcourt along West Coast Road
East	Compassvale Ancilla Park	KpopX® Fitness	5pm	6pm	MPH beside Blk 282A Sengkang East Ave
Central	Delta Avenue Blk 5	Zumba® Fitness	5pm	6pm	Hardcourt beside Blk 5, Delta Avenue
Central	East Coast Park	Cardiodance	8.30am	9.30am	Hardcourt at Parkland Green
Central	Esplanade Park	Kickboxing	8.30am	9.30am	Along Connaught Drive. Beside Playground
Central	Eunos Petal Garden	Zumba® Fitness	8.30am	9.30am	Hardcourt between Blk 606 & 616 Bedok Reservoir Road
West	Family Hub @ Blk 350	KpopX® Fitness	8.30am	9.30am	Bukit Batok Street 34. Hardcourt at Blk 350
West	Firefly Park @ Clementi	Zumba® Fitness	8.30am	9.30am	Infront of Blk 304 Amphitheatre cum Basketball court
Central	Green Oval Park @Pasir Ris Park	Zumba® Fitness	5pm	6pm	Beside Blk 706 Pasir Ris Dr 10 Amphitheatre
East	Greenville Garden	KpopX® Fitness	5pm	6pm	Beside Blk 319A Ubi Ave 1 Hardcourt
East	Hougang Avenue 5 Park	Zumba® Fitness	8.30am	9.30am	Hardcourt in front of Blk 324 Hougang Ave 5
East	Hougang Blk 19 Park	Cardiodance	8am	9am	Hardcourt beside Blk 19 Hougang Ave 3
East	Hougang St 51 Blk 537A	PILOXING®	9.30am	10.30am	Marquee
East	Hwi Yoh Green Park	Bolly Dazz	5pm	6pm	Beside Blk 123 Serangoon North Avenue 1

SUNDAYS @ THE PARK

MARCH 2020

West	Jalan Bahar Mini Park	KpopX® Fitness	5pm	6pm	Community Hub, opposite Blk 272D Jurong West St 24
East	Jalan Pari Burong Playground Park	PILOXING®	5pm	6pm	Amphitheatre at junction of Upper Changi Road and Jalan Pari Burong
Central	Jalan Pintau Playground Park	Zumba® Fitness	5pm	6pm	Hardcourt along Jalan Pintau
Central	Joo Seng Road Park	PILOXING®	5pm	6pm	Sheltered hardcourt at 15 Joo Seng Road
West	Jurong Lake Gardens	PILOXING®	5pm	6pm	Between Wave Plaza and Forest Ramble, in front of Chinese Garden Gate
West	Jurong West Park	KpopX® Fitness	8.30am	9.30am	Amphitheatre beside Blk 826 Jurong West St 81
East	Kaki Bukit Neighbourhood Park	Bolly Dazz	8.30am	9.30am	Hardcourt opposite Kaki Bukit CC, along Bedok North Street 3
East	Kampong Park @Serangoon	Zumba® Fitness	5pm	6pm	Badminton Court beside Blk 319 Serangoon Ave 2
North	Lower Seletar Reservoir Park	Salsation	5pm	6pm	Open space next to fishing jetty, bounded by Yishun Avenue 1 and Lentor Avenue
North	Mandai Tekong Park	KpopX® Fitness	5pm	6pm	Hardcourt beside Blk 896A Woodlands Drive 50
North	Nee Soon East Park	Kickboxing	8.30am	9.30am	Basketball Court beside Blk 406 Yishun Ave 6
Central	Oasis Terraces	Salsation	8.30am	9.30am	Community Plaza at Level 1, 681 Punggol Drive
Central	Our Park @ 618 Ang Mo Kio	(Senior Centric) TaiChi	7.30am	8.30am	Hardcourt beside playground, between Blk 611 and Blk 617, Ang Mo Kio Ave 4
East	Pasir Ris Park	Bokwa	8.30am	9.30am	Open space near Carpark D along Pasir Ris Road
Central	Potong Pasir Park	Salsation	8.30am	9.30am	Hardcourt opposite Blk 144 Potong Pasir Ave 2
East	Punggol Park	Zumba® Fitness	5pm	6pm	Hardcourt near Bistro, Junction of Hougang Ave 8 and Hougang Ave 10
East	Punggol South Park	KpopX® Fitness	5pm	6pm	Hardcourt along Hougang Ave 2, near Blk 616 Hougang Ave 8
East	Punggol Town Square	Zumba® Fitness	8.30am	9.30am	85 Punggol Central, next to Waterway Point
Central	Saint George's Lane Blk 5	Aerobics	5pm	6pm	Hardcourt
North	Sembawang Park	K Kardio	8.30am	9.30am	Area near toilet, close to Carpark A, end of Sembawang park
East	Sengkang Neighbourhood Park	Zumba® Fitness	5pm	6pm	Hardcourt next to Blk 120D MPH, Rivervale Drive
East	Sengkang Riverside Park	KpopX® Fitness	8.30am	9.30am	Sheltered area near café, Anchorvale Street abutting Sungei Punggol

SUNDAYS @ THE PARK

MARCH 2020

East	Sengkang Sculpture Park	Zumba® Fitness	8.30am	9.30am	Playground next to Compassvale Primary School, in front of Blk 259A Compassvale Road
East	Serangoon Community Park	Zumba® Fitness	5pm	6pm	Amphitheatre along Boundary Road, next to Blk 212
East	Serangoon Sunshine Park	KpopX® Fitness	5pm	6pm	Sheltered Hardcourt opposite Blk 408 Serangoon Ave 1
East	Simei Street 1 Blk 136	Masala Bhangra	8.30am	9.30am	Sheltered Amphitheatre opposite Blk 136 Simei Street 1
West	Stagmont Park	Cardiodance	8.30am	9.30am	Basketball Court at Choa Chu Kang Street 54, opposite Kranji Primary School
East	Sun Plaza Park (Tampines)	Fight Do	8.30am	9.30am	Amphitheatre at Tampines Ave 7
East	Surin Avenue Neighbourhood Park	PILOXING®	9am	10am	Sheltered hardcourt bounded by Surin Ave and Aroozoo Ave
East	Tai Keng Gardens Playground Park	Cardiodance	5pm	6pm	Sheltered hardcourt, flanked by Jalan Lokam (Road), Tai Keng Lane and Tai Keng Garden (Road)
West	Taman Jurong Greens	Zumba® Fitness	8.30am	9.30am	Basketball Court and Amphitheatre along Yung An Road and Corporation Drive
East	Tampines Central Park	MegaDanz	5pm	6pm	Along Tampines St 82, Central Stage
East	Tampines Tree Park	KpopX® Fitness	5pm	6pm	Hardcourt beside Blk 323 along Tampines St 33
East	Tanah Merah Playground Park	KpopX® Fitness	5pm	6pm	Along Tanah Merah Kechil Avenue
Central	Tavistock Avenue Park	Zumba® Fitness	5pm	6pm	Open space next to pavillion, junction of Ang Mo Kio Ave 3 and Tavistock Ave
West	Teban Gardens Neighbourhood Park	Steady Asia	5pm	6pm	Stage in front of Blk 48 Teban Gardens Road
Central	Teck Ghee N4 Park	Zumba® Fitness	8.30am	9.30am	Beside Blk 459 Ang Mo Kio Ave 10. Basketball Court
Central	Telok Blangah Hill Park	PILOXING®	5pm	6pm	Multi-purpose Plaza beside Carpark 2, along Telok Blangah Green
East	Telok Kurau Park	PILOXING®	5pm	6pm	Hardcourt beside Fitness Corner, entrance along Joo Chiat Place, Joo Chiat Walk, Joo Chiat Ave and Lorong J Telok Kurau
West	Tembusu Park	PILOXING®	5pm	6pm	Hardcourt at Blk 275 Choa Chu Kang Ave 2
Central	Tiong Bahru Park	PILOXING®	8.30am	9.30am	Area in front of playground & hardcourt near toilet, Tiong Bahru Rd, Singapore 168731
Central	Tiong Bahru Park	Cardiodance	5pm	6pm	Area in front of playground & hardcourt near toilet, Tiong Bahru Rd, Singapore 168731
Central	Toa Payoh Town Park	KpopX® Fitness	8.30am	9.30am	Sheltered Pavillion at 189 Lorong 6 Toa Payoh Singapore 319383
West	Toh Guan Park	Zumba® Fitness	5pm	6pm	Amphitheatre Beside 288C Jurong East Street 21
North	Vista Park	KpopX® Fitness	5pm	6pm	Sheltered hardcourt at 579A Woodlands Drive
West	West Coast Green Playground Park	PILOXING®	8.30am	9.30am	Hardcourt at West Coast Green, West Coast Garden Estate
West	West Coast Park	Salsation	8.30am	9.30am	71 West Coast Highway, Singapore 126844, Intergenerational Fitness Area (near MacDonald's)

Central	Whampoa Drive Blk 93	KpopX® Fitness	5pm	6pm	In front of Blk 93, Whampoa Drive. Hard Court
North	Woodlands Crescent Park	Kickboxing	8.30am	9.30am	Hardcourt beside basketball court, beside Admiralty Secondary School
North	Woodlands Town Park East	Salsation	5pm	6pm	Badminton court between Blk 103 and Blk 109, Woodlands St 13
North	Woodlands Waterfront Park	Zumba® Fitness	8.30am	9.30am	Hardcourt near fishing jetty/carpark, Admiralty West Road
North	Yishun Neighbourhood Park	Zumba® Fitness	8.30am	9.30am	Hardcourt beside Fitness Corner, junction of Yishun Ave 7 and Yishun Ave 2
North	Yishun Park	PILOXING®	5pm	6pm	Amphitheatre at Yishun Central, Yishun Avenue 11
West	Zhenghua Park	Zumba® Fitness	8.30am	9.30am	Flat grass patch bounded by running track, opposite Zhenghua CC, new extension of Zhenghua Park; bounded by Bukit Timah Expressway and Bukit Panjang Ring Road



#MOVEIT150

Get moving. Get more from life.