

IMPORTANT NOTICE for Sunrise In The City 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 regarding: Apeiro Performance | Boulder World | Crossfit Fire City | Equip Fitness | Fit Eleven | Fitness First | The Garage | Legends Boxing | One Wellness | Platinum Yoga | The Rock School | TMP Fitness | Trium Fitness | True Fitness | Innervate Fitness | please contact enquiry@activeglobalfitness.com OR 8299-1880
- 4) For enquiries regarding: Pulse Lab | Rasa Fitness & Dance | Real Yoga | STILL | Studio 360 Fitness | Vyasa Yoga please contact hpb.sitc@ases.edu.sg OR 6564-5171

Area	Venue	Day of Month	Activity	Start Time	End Time	Venue Details
Central	Jyan Yoga	Every Monday	HIIT Yoga	8.30am	9.30am	Prinsep St
Central	Jyan Yoga	Every Wednesday	Core Yoga	8.30am	9.30am	Prinsep St
Central	Jyan Yoga	Every Friday	HIIT Yoga	8.30am	9.30am	Prinsep St
Central	Jyan Yoga	Every Saturday	Acro Yoga	12.30pm	1.30pm	Prinsep St
East	Boulder World	Every Tuesday	Open Gym	9.30am	10.30am	Singpost Centre
East	Boulder World	Every Wednesday	Open Gym	9.30am	10.30am	Singpost Centre
East	Boulder World	Every Thursday	Open Gym	9.30am	10.30am	Singpost Centre
East	Boulder World	Every Friday	Open Gym	9.30am	10.30am	Singpost Centre
West	Equip Fitness	Every Saturday	Reshape	8am	9am	Rifle Range Road
West	Equip Fitness	Every Sunday	Avengers HIIT	9am	10am	Rifle Range Road

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Central	Fitness First	Every Monday	Gentle Flow Yoga	8.15am	9am	Bugis Junction
Central	Fitness First	Every Tuesday	Hardcore	8.05am	8.35am	The Cathay
Central	Fitness First	Every Tuesday	Hardcore	8.40am	9.10am	The Cathay
Central	Fitness First	Every Thursday	RPM + Open Gym	8.10am	8.55am	100AM
Central	Fitness First	Every Thursday	Core Flow Yoga	8.10am	8.55am	Mapletree
West	Fitness First	Every Thursday	Hot Flow Yoga	8.05am	8.50am	Fusionopolis
Central	Fitness First	Every Friday	Hot Flow Yoga	8.05am	8.50am	Market Street
West	Fitness First	Every Monday	Pound	8am	8.45am	Junction 10
Central	One Wellness	Every Monday	Yoga Stretch	7.15am	8.15am	Bugis Village
Central	One Wellness	Every Monday	Gentle Yoga	1pm	2pm	Bugis Village
Central	One Wellness	Every Tuesday	Backcare Therapy	7.15am	8.15am	Bugis Village
Central	One Wellness	Every Wednesday	Hatha Yoga	7.15am	8.15am	Bugis Village
Central	One Wellness	Every Wednesday	Yoga Stretch	1pm	2pm	Bugis Village
Central	One Wellness	Every Thursday	Hatha Basic	7.15am	8.15am	Bugis Village
Central	One Wellness	Every Friday	Yoga Therapy	7.30am	8.30am	Bugis Village
Central	One Wellness	Every Friday	Hatha Yoga	1pm	2pm	Bugis Village
Central	One Wellness	Every Saturday	Tatva Yoga	10am	11am	Bugis Village
Central	One Wellness	Every Saturday	Flexibility Series	1pm	2pm	Bugis Village
Central	One Wellness	Every Sunday	Yoga for Beginners	10am	11am	Bugis Village
Central	One Wellness	Every Sunday	Yoga Flow	1pm	2pm	Bugis Village

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Central	Platinum Yoga	Every Monday	Sunrise Yoga	7.15am	8.15am	Suntec City Mall
Central	Platinum Yoga	Every Tuesday	Sunrise Yoga	7.15am	8.15am	Suntec City Mall
Central	Platinum Yoga	Every Wednesday	Yoga Core	7.15am	8.15am	Parkway Centre
Central	Platinum Yoga	Every Wednesday	HIIT Yoga	1pm	2pm	Suntec City Mall
Central	Platinum Yoga	Every Thursday	Hatha Vinyasa Yoga	7.15am	8.15am	Suntec City Mall
Central	Platinum Yoga	Every Friday	Mardana Yoga	1pm	2pm	Suntec City Mall
West	Platinum Yoga	Every Friday	Restorative Yoga	1pm	2pm	Westgate
Central	Platinum Yoga	Every Saturday	HIIT Yoga	9am	10am	Suntec City Mall
Central	Platinum Yoga	Every Saturday	Yogalates	1pm	2pm	Suntec City Mall
West	Platinum Yoga	Every Saturday	HIIT Yoga	1pm	2pm	Westgate
Central	Platinum Yoga	Every Saturday	HIIT Yoga	1.15pm	2.15pm	Parkway Centre
Central	Platinum Yoga	Every Sunday	Pilates	12.15pm	1.15pm	Parkway Centre
Central	Platinum Yoga	Every Sunday	Vinyasa Yoga	1pm	2pm	Suntec City Mall
West	Platinum Yoga	Every Sunday	Yoga Tone	1pm	2pm	Westgate
West	Platinum Yoga	Every Saturday	Couple Yoga	7.15am	8.15am	Westgate
North	Platinum Yoga	Every Sunday	Couple Yoga	7.15am	8.15am	Ang Mo Kio Ave 3, #02-01
East	Platinum Yoga	Every Sunday	Couple Yoga	8.30am	9.30am	Parkway Centre
Central	Pulse Lab	Every Tuesday	Back to Basic	9am	10am	Chenn Leonn Building
Central	Pulse Lab	Every Friday	HIIT & ROW	9am	10am	Chenn Leonn Building
Central	Rasa Fitness & Dance	Every Thursday	Trampoliné Fitness	7.45am	8.45am	Peninsula Shopping Centre

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Central	Real Yoga	Every Monday	Yoga Stretch	7.30am	8.30am	Centrepoint
Central	Real Yoga	Every Monday	Yoga Stretch	12.30pm	1.30pm	Centrepoint
Central	Real Yoga	Every Wednesday	Sun Salutation	7.30am	8.30am	Centrepoint
Central	Real Yoga	Every Thursday	Hatha Basic	12.30pm	1.30pm	Centrepoint
Central	Real Yoga	Every Friday	Sun Salutation	7.30am	8.30am	Centrepoint
Central	Real Yoga	Every Friday	Yoga Stretch	12.30pm	1.30pm	Centrepoint
Central	Real Yoga	Every Saturday	Hotflow	8am	9am	Centrepoint
East	Real Yoga	Every Monday	Yoga Stretch	7.30am	8.30am	Tampines
East	Real Yoga	Every Wednesday	Sun Salutation	7.30am	8.30am	Tampines
East	Real Yoga	Every Friday	Sun Salutation	7.30am	8.30am	Tampines
Central	Real Yoga	Every Monday	Yoga Stretch	7.30am	8.30am	Toa Payoh
Central	Real Yoga	Every Monday	Yoga Therapy	12.30pm	1.30pm	Toa Payoh
Central	Real Yoga	Every Wednesday	Sun Salutation	7.30am	8.30am	Toa Payoh
Central	Real Yoga	Every Friday	Morning Stretch	7.30am	8.30am	Toa Payoh
Central	Real Yoga	Every Saturday	Yoga Twist	8am	9am	Toa Payoh
West	Real Yoga	Every Monday	Yoga Stretch	7.30am	8.30am	Jurong Gateway
West	Real Yoga	Every Wednesday	Sun Salutation	7.30am	8.30am	Jurong Gateway
West	Real Yoga	Every Friday	Sun Salutation	7.30am	8.30am	Jurong Gateway
West	Real Yoga	Every Saturday	Hotflow	8am	9am	Jurong Gateway
Central	The Garage	Every Tuesday	HIIT - Garage Circuit	12pm	1pm	Lor Kilat
Central	The Garage	Every Thursday	HIIT - Garage Circuit	7am	8am	Lor Kilat
Central	The Garage	Every Thursday	HIIT - Garage Circuit	8am	9am	Lor Kilat
East	The Rock School	Every Sunday	ROCKFit	9am	10am	Our Tampines Hub
East	The Rock School	Every Thursday	Rock Climbing Open Gym	11.30am	12.30pm	Our Tampines Hub
East	The Rock School	Every Monday	Rock Climbing Open Gym	11.30am	12.30pm	Our Tampines Hub
East	The Rock School	Every Sunday	Rock Climbing Open Gym	11am	12pm	Our Tampines Hub
Central	TMP Fitness	Every Wednesday	Zumba	7.30am	8.30am	IRAS Recreation Club
Central	TMP Fitness	Every Thursday	KpopX Fitness	7.30am	8.30am	IRAS Recreation Club
Central	TMP Fitness	Every Friday	HIIT	7.30am	8.30am	IRAS Recreation Club

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Central	Trium Fitness	Every Monday	Hatha Yoga	7.15am	8.15am	Aperia Mall
Central	Trium Fitness	Every Tuesday	Pilates	7.15am	8.15am	Aperia Mall
Central	Trium Fitness	Every Tuesday	Pilates	10.45am	11.45am	Aperia Mall
Central	Trium Fitness	Every Wednesday	HIIT	7.15am	8am	Aperia Mall
Central	Trium Fitness	Every Wednesday	KPOPX	8.15am	9.15am	Aperia Mall
Central	Trium Fitness	Every Wednesday	Yoga Core	9.45am	10.45am	Aperia Mall
Central	Trium Fitness	Every Friday	Piloxing	10.30am	11.30am	Aperia Mall
Central	True Fitness	Every Monday	KpopX	7.30am	8.30am	Millenia Walk VFX
Central	True Fitness	Every Monday	Pilates	7.15am	8.15am	Novena Square
South	True Fitness	Every Tuesday	BodyCombat	7.30am	8.30am	Harbourfront Centre
Central	True Fitness	Every Tuesday	Hot Yoga	7.30am	8.30am	Great World City
Central	True Fitness	Every Wednesday	Core Yoga	7.30am	8.30am	Pacific Plaza TFX
South	True Fitness	Every Wednesday	Pilates	7.30am	8.30am	Harbourfront Centre
Central	True Fitness	Every Wednesday	Body Pump	7.30am	8.30am	Great World City
Central	True Fitness	Every Friday	Hot Yoga	7.30am	8.30am	Pacific Plaza TFX
North	True Fitness	Every Friday	Kpop X	7.30am	8.30am	Djitsun Mall@AMK
Central	True Fitness	Every Friday	Body Combat	7.30am	8.30am	Millenia Walk VFX
Central	True Fitness	Every Saturday	Hot Yoga	9:15am	10:15am	Pacific Plaza TFX
Central	True Fitness	Every Saturday	Hot Yoga	9am	10am	Great World City
East	True Fitness	Every Saturday	Kpop X	9am	10am	Income @ Tampines
Central	True Fitness	Every Saturday	Fight-Do	8.45am	9.45am	Viva Business Park
North	True Fitness	Every Sunday	Kpop X	9am	10am	Djitsun Mall@AMK
Central	True Fitness	Every Sunday	Piloxing	10am	11am	Great World City
Central	True Fitness	Every Sunday	Zumba	9am	10am	Novena Square
East	True Fitness	Every Sunday	Gentle Yoga	9am	10am	Income @ Tampines
North	True Fitness	Every Saturday	Body Pump - Men only	7.15am	8.15am	Djitsun Mall@AMK
South	True Fitness	Every Saturday	Body Pump	7.15am	8.15am	Harbourfront centre
Central	True Fitness	Every Saturday	Body Pump	7.15am	8.15am	Novena Square
East	True Fitness	Every Saturday	Body Pump	7.15am	8.15am	Viva Business Park

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Central	Vyasa Yoga - Civil Service Club Tessensohn Road	Every Tuesday	Keep Fit Yoga	1.30pm	2.30pm	Tessensohn Road
Central	Vyasa Yoga - Civil Service Club Tessensohn Road	Every Thursday	Keep Fit Yoga	7am	8am	Tessensohn Road
Central	SweatBox Yoga	Every Monday	Piloxing	12.30pm	1.30pm	Orchard
Central	SweatBox Yoga	Every Tuesday	Hot Pilates	10am	11am	Orchard
Central	SweatBox Yoga	Every Wednesday	Power Flow Yoga	7.30am	8.30am	Orchard
Central	SweatBox Yoga	Every Wednesday	K-Kardio	12.30pm	1.30pm	Orchard
Central	SweatBox Yoga	Every Thursday	Body Art	12.30pm	1.30pm	Orchard
Central	SweatBox Yoga	Every Monday	Hot 26 Yoga	7.30am	8.30am	OUE Downtown Gallery
Central	SweatBox Yoga	Every Tuesday	Zumba	12.15pm	1.15pm	OUE Downtown Gallery
Central	SweatBox Yoga	Every Sunday	Yogalates	10am	11am	OUE Downtown Gallery
Central	SweatBox Yoga	Every Sunday	BodyArt Class	12pm	1pm	OUE Downtown Gallery
Central	Boulder+ Gym	Every Tuesday	Bouldering Open Gym	7.30am	8.30am	Aperia Mall
Central	Boulder+ Gym	Every Wednesday	Bouldering Open Gym	11.30am	12.30pm	Aperia Mall
Central	Boulder+ Gym	Every Thursday	Bouldering Open Gym	7.30am	8.30am	Aperia Mall
Central	Boulder+ Gym	Every Friday	Bouldering Open Gym	11.30am	12.30pm	Aperia Mall
Central	Anytime Fitness	Every Monday	C4 HIIT	7.30am	8.30am	Potong Pasir
Central	Anytime Fitness	Every Tuesday	Cardio Box	9am	10am	Potong Pasir
Central	Anytime Fitness	Every Wednesday	Hero Workout	9am	10am	Potong Pasir
Central	Anytime Fitness	Every Thursday	SPARTAN	9am	10am	Potong Pasir
Central	Anytime Fitness	Every Saturday	HIIT Burn	10am	11am	Potong Pasir
Central	Anytime Fitness	Every Sunday	Boot Camp	10am	11am	Potong Pasir
Central	Anytime Fitness	Every Monday	METCON	9am	10am	Toa Payoh
Central	Anytime Fitness	Every Tuesday	YOLO	7.30am	8.30am	Toa Payoh
Central	Anytime Fitness	Every Wednesday	Bullet Proof	9am	10am	Toa Payoh
Central	Anytime Fitness	Every Thursday	Avengers	7.30am	8.30pm	Toa Payoh
Central	Anytime Fitness	Every Friday	Boot Camp	7.30am	8.30pm	Toa Payoh
Central	Anytime Fitness	Every Saturday	C4 HIIT	10am	11am	Toa Payoh



#MOVEIT150

Get moving. Get more from life.