

**Announcement:****Mall Workout Cancellation:****Downtown East 7 and 14 December 2022****Bukit Panjang Plaza 25 December 2022****Jurong Point 25 December 2022****Oasis Terraces 25 December 2022****Punggol Plaza 25 December 2022****Kampung Admiralty 26 December 2022****Hillion Mall 29 December 2022****Download Healthy365 app for the latest update**

ACTIVITY	VENUE	VENUE UNIT	DAYS	TIME
Piloxing	AMK Hub	Level 1 Main Entrance	Every Tuesday	7pm to 8pm
Zumba	Anchorpoint	Open Plaza (next to Xin Wang Hong Kong Cafe)	Every 1st, 3rd and 5th Wednesday of the month	6.30pm to 7.30pm
KpopX Fitness	Anchorpoint	Open Plaza (next to Xin Wang Hong Kong Cafe)	Every 2nd & 4th Wednesday of the month	6.30pm to 7.30pm
Zumba	Buangkok Square	Level 1 Community Plaza	Every Monday	7pm to 8pm
Kickboxing	Bukit Panjang Plaza	Garden Plaza Level 4	Every 1st, 3rd & 5th Sunday of the month	10am to 11am
KpopX Fitness	Bukit Panjang Plaza	Garden Plaza Level 4	Every 2nd & 4th Sunday of the month	10am to 11am
Zumba	Canberra Plaza	Community Plaza	Every Monday	7pm to 8pm
KpopX Fitness	Changi City Point	Level 1 Open Plaza	Every Saturday	10am to 11am
Zumba	City Square Mall	Basement 1 Fountain Square	Every Thursday	6.30pm to 7.30pm
Piloxing	Downtown East	Begonia Terrace	Every Wednesday	7pm to 8pm
Zumba	Eastpoint Mall	Level 6 Playground	Every Thursday	7pm to 8pm
Zumba	Elias Mall	Open Plaza	Every 1st and 3rd Monday of the month	7pm to 8pm
Zumba	Hillion Mall	MRT Plaza (near the MRT entrance)	Every Thursday	7pm to 8pm
Zumba	Hougang Mall	Level 5 Rooftop Terrace	Every 1st, 3rd & 5th Saturday of the month	6pm to 7pm
KpopX Fitness	Hougang Mall	Level 5 Rooftop Terrace	Every 2nd & 4th Saturday of the month	6pm to 7pm
KpopX Fitness	IMM	Garden Plaza at Level 3	Every Tuesday	7pm to 8pm
K-Kardio	JCube	Level 5 J-Stage	Every Monday	7pm to 8pm
KpopX Fitness	Jem	Level 1 Jem Street (Outside McDonald's)	Every Wednesday	6.30pm to 7.30pm
KpopX Fitness	Junction 8	Level 3 Roof Garden	Every Friday	7pm to 8pm
Zumba	Jurong Point Shopping Centre	Sheltered space outside UOB	Every 1st, 3rd & 5th Sunday of the month	9am to 10am
KpopX Fitness	Jurong Point Shopping Centre	Sheltered space outside UOB	Every 2nd & 4th Sunday of the month	9am to 10am
Zumba	Kampung Admiralty	Open Plaza in front of stage (Zone B)	Every Monday	7pm to 8pm
Salsation	Lot One Shoppers' Mall	Level 5 Roof Garden	Every Monday	7pm to 8pm
Zumba	Oasis Terraces	Level 1 Community Plaza	Every Monday	7pm to 8pm
Piloxing	Oasis Terraces	Level 1 Community Plaza	Every Sunday	8.30am to 9.30am
Zumba	Parkway Parade	Outdoor Plaza (outside Ya Kun)	Every Saturday	6pm to 7pm
KpopX Fitness	Punggol Plaza	B1 Outdoor Plaza	Every Sunday	9am to 10am
Kickboxing	Tampines Mall	Open Plaza, Level 4	Every Wednesday	7pm to 8pm
Kickboxing	The Star Vista	Gallery Level 3	Every Monday	7.30pm to 8.30pm
Piloxing	Tiong Bahru Plaza	Level 1 outdoor area (outside UOB)	Every 1st, 3rd & 5th Thursday of the month	7pm to 8pm
KpopX Fitness	Tiong Bahru Plaza	Level 1 outdoor area (outside UOB)	Every 2nd & 4th Thursday of the month	7pm to 8pm
Piloxing	Velocity @ Novena Square	Outdoor Court, Level 1	Every 1st Wednesday of the month	6.30pm to 7.30pm
Fight-Do	Velocity @ Novena Square	Outdoor Court, Level 1	Every 2nd Wednesday of the month	6.30pm to 7.30pm
Zumba	Vista Point	Outdoor Plaza	Every Wednesday	7pm to 8pm
Zumba	West Mall	Level 4 Rooftop Holding Area	Every Thursday	6.30pm to 7.30pm
Zumba	Woodlands Mart	Level 1 Courtyard	Every Monday	7pm to 8pm
Zumba	Zhongshan Mall	Zhongshan Park (near Balestier Rd)	Every Tuesday	6.30pm to 7.30pm

- \* Download the Healthy 365 mobile app to book your sessions
- \* Sessions may be cancelled due to unpredictable weather
- \* Sessions are accurate at time of upload