

LOSE TO WIN® – Workout Schedule (23 Dec 2019 – 15 Mar 2020) - updated 16 Dec

	North	North-East	Central	East	West
Monday	<p>Junction 8 Level 3, Roof Garden 7.30 – 8.30pm</p>		<p>Capitol Piazza Level 1, Outdoor Area 7 - 8pm</p>	<p>Our Tampines Hub Arena @ OTH 7 – 8pm</p> <p>Bedok Stadium D-Ring 7.15 – 8.15pm</p>	<p>IMM Level 3, Garden Plaza 7.30 – 8.30pm</p>
Tuesday	<p>Yio Chu Kang Stadium D-Ring 7.30 – 8.30pm</p>		<p>Sports Hub Level 3, Outside Gate 22 7 – 8pm</p> <p>Tiong Bahru Plaza Level 4, Open Terrace 7 – 8pm</p>	<p>Heartbeat @ Bedok Level 1, Atrium 7.30 – 8.30pm</p>	<p>Bukit Gombak Sports Centre Blue Basketball Court 7.30 – 8.30pm</p> <p>JCube Level 5, JStage 7.30 – 8.30pm</p>
Wednesday		<p>Hougang Mall Level 5, Roof Terrace 7.30 – 8.30pm</p> <p>273E Compassvale Multi-Purpose Hall 7 – 8pm</p>	<p>Plaza Singapura Level 1, Beside HSBC Bank 7 – 8pm</p>	<p>Pasir Ris Sports Centre Level 1, Atrium 7.30 – 8.30pm</p>	<p>Jurong West Stadium D-Ring 7.30 – 8.30pm</p>
Thursday	<p>Woodlands Stadium D-Ring 7.30 – 8.30pm</p>	<p>Serangoon CC Level 1, MPH 7 - 8pm</p>	<p>HPB Level 2, Open Area 7 - 8pm</p>	<p>Bedok Stadium D-Ring 7.15 – 8.15pm</p>	<p>Jurong Canopy Level 1, Sheltered Area 7.30-8.30pm</p> <p>Keat Hong CC Level 1, Foyer 7.30 – 8.30pm</p>
Friday	<p>Yishun Stadium D-Ring 7.30 – 8.30pm</p>				<p>IMM Level 3, Garden Plaza 7.30 – 8.30pm</p> <p>Bukit Panjang Plaza Level 4, Garden Plaza 7.30 – 8.30pm</p>
Saturday		<p>Hougang Sports Hall Level 1, Foyer 8.30 – 9.30am</p> <p>Punggol Town Square Level 1, Sheltered Area 9 – 10am 6 – 7pm</p>			
Sunday	<p>Junction 8 Level 3, Roof Garden 10 – 11am</p>	<p>Anchorvale CC Level 4, Rooftop Terrace 6 – 7pm</p>	<p>Sports Hub Level 3, Outside Gate 22 10 - 11am</p>	<p>Our Tampines Hub Arena @ OTH 6 – 7pm</p>	<p>Jurong West Stadium D-Ring 8.30 – 9.30am</p>