## Lose to Win® – Workout Schedule (23Dec 2019 – 15Mar 2020)

<table>
<thead>
<tr>
<th>Day</th>
<th>North</th>
<th>North-East</th>
<th>Central</th>
<th>East</th>
<th>West</th>
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</thead>
</table>
| **Monday** | Junction 8  
Level 3, Rooftop Garden  
7.30 – 8.30pm |  | Capitol Plaza  
Level 1, Outdoor Area  
7 - 8pm | Our Tampines Hub  
Arena @ OTH  
8 – 9pm  
Bedok Stadium  
D-Ring  
7.15 – 8.15pm | IMM  
Level 3, Garden Plaza  
7.30 – 8.30pm |
| **Tuesday** | Woodlands Stadium  
D-Ring  
7.30 – 8.30pm  
Yio Chu Kang Stadium  
D-Ring  
7.30 – 8.30pm |  | Sports Hub  
Level 3, Outside Gate 14  
7 – 8pm |  |  |
| **Wednesday** | Kampung Admiralty  
Level 1, Open Plaza  
7.30 – 8.30pm  
273E Compassvale  
Multi-Purpose Hall  
7.30 – 8.30pm | Hougang Mall  
Level 5, Roof Terrace  
7.30 – 8.30pm | Plaza Singapura  
Level 1, Sheltered Area  
7 – 8pm | Jurong West Stadium  
D-Ring  
7.30 – 8.30pm |  |
| **Thursday** | Yishun Stadium  
D-Ring  
7.30 – 8.30pm  
Toa Payoh Stadium  
D-Ring  
7.30 – 8.30pm | Serangoon CC  
Level 1, MPH  
7 - 8pm | HPB  
Level 2, Open Area  
7 - 8pm | Bedok Stadium  
D-Ring  
7.15 – 8.15pm | Keat Hong CC  
Level 1, Foyer  
7.30 – 8.30pm  
Clementi Stadium  
D-Ring  
7.30 – 8.30pm |
| **Friday** |  |  |  | IMM  
Level 3, Garden Plaza  
7.30 – 8.30pm |  
Bukit Panjang Plaza  
Level 4, Garden Plaza  
7.30 – 8.30pm |
| **Saturday** |  | Yishun Town Square  
Sheltered Area  
9 - 10am  
Hougang Sports Centre  
Level 1, Foyer  
8.30 – 9.30am |  |  |  |
| **Sunday** |  |  | Sports Hub  
Level 3, Outside Gate 14  
10 – 11am | Sun Plaza Park  
Open Area  
8 – 9am | Jurong West Stadium/  
D-Ring  
8.30 – 9.30am |