

IMPORTANT NOTICE FOR HEALTHY WORKPLACE ECOSYSTEM FEB 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

Area	Venue	Day of Month	Activity	Start Time	End Time	Venue Details
East	Bedok Industrial	Every Wednesday	Bollydazz	6.00pm	7.00pm	Pavilion between Block 3011 and 3014
East	Bedok Industrial	Every Thursday	Cardio Fitness Dance	5.00pm	6.00pm	Pavilion between Block 3011 and 3014
West	Bukit Batok Industrial	Every Monday	Zumba	6.00pm	7.00pm	Skytech Level 7, Multi-Storey carpark
West	Bukit Batok Industrial	Every Wednesday	KpopX Fitness	6.00pm	7.00pm	Skytech Level 7, Multi-Storey carpark
East	Kampong Ubi Industrial Estate	Every Monday	Megadanz	6.30pm	7.30pm	Open Space outside Blk 3023 MSCP
East	Kampong Ubi Industrial Estate	Every Thursday	KpopX Fitness	6.30pm	7.30pm	Open Space outside Blk 3023 MSCP
East	KB-1	Every Thursday	Bollyrobics	6.00pm	7.00pm	KB-1 Level 3 Lift Lobby, outside unit #09-10
North	YS-ONE	Every Monday	KpopX Fitness	6.30pm	7.30pm	YS-ONE, Area outside Management Office
South	Sentosa	Every Monday	Kickboxing	6.30pm	7.30pm	RWS Convention Centre - Room to be advised
South	Clarke Quay Precinct	Every Monday	Zumba	6.30pm	7.30pm	UE Square - Level 1, Skylight Atrium
South	Clarke Quay Precinct	Every Thursday	K-Kardio	6.30pm	7.30pm	UE Square - Level 1, Skylight Atrium
South	Mapletree Business City	Every Monday	Zumba	6.30pm	7.30pm	MBC - Basketball Court
South	Mapletree Business City	Every Tuesday	Fight-DO	6.30pm	7.30pm	MBC - Basketball Court
South	Mapletree Business City	27-Feb	Intermediate Yoga	6.30pm	7.30pm	MBC Meeting Room
South	Mapletree Business City	6, 20 Feb	Yoga	6.30pm	7.30pm	MBC Meeting Room
East	Breadtalk IHQ	Every Tuesday	Cardio Hip-Hop	6.30pm	7.30pm	Breadtalk IHQ - Level 1 Space Outside BreadTalk
East	Breadtalk IHQ	5, 19 Feb	Yoga	12.30pm	1.15pm	Breadtalk IHQ - All About Yoga Studio, Unit #08-04
East	Breadtalk IHQ	Every Saturday	Zumba	10.00am	11.00am	Breadtalk IHQ - Level 1 Space Outside BreadTalk
South	Alexandra Technopark	Every Monday	HWE Gladiator Workout	6.15pm	7.15pm	ATP - Tower B, Futsal Court (Outside Management Office)
South	Alexandra Technopark	Every Wednesday	Zumba	6.15pm	7.15pm	ATP - Blk A, Open Plaza

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West	one-north	Every Tuesday	Cardio Hip-Hop	6.30pm	7.30pm	Biopolis Central@one-north, Level 1, Space outside Mealbox Foodcourt
West	one-north	Every Wednesday	Megadanz	6.30pm	7.30pm	The Meeting Point@JTC LaunchPad
West	one-north	Every Thursday	KpopX Fitness	6.30pm	7.30pm	Fusionopolis@one-north, Level 1 - Atrium Outside Starbucks
West	one-north	Every Friday	Zumba	6.30pm	7.30pm	MediaCorp Town Square
Central	Aperia	Every Monday	Zumba	6.15pm	7.15pm	Level 3, Open Plaza
Central	Aperia	Every Wednesday	KpopX Fitness	6.15pm	7.15pm	Level 3, Open Plaza
East	UE Bizhub East@CBP	Every Monday	KpopX Fitness	6.00pm	7.00pm	Open Space between Exit of the MRT & UE Convention Centre
East	UE Bizhub East@CBP	Every Wednesday	Zumba	6.00pm	7.00pm	Open Space between Exit of the MRT & UE Convention Centre
East	Plaza 8@CBP	Every Tuesday	U-Jam Fitness	6.00pm	7.00pm	Futsal Pitch 1
East	Plaza 8@CBP	Every Thursday	K-Kardio	6.00pm	7.00pm	Futsal Pitch 1
East	Eightrium@CBP	Every Friday	The MIX by Piloxing	6.00pm	7.00pm	Rooftop, Level 6 Alt Lobby, Level 1
West	Corporation Place	Every Wednesday	Zumba	6.15pm	7.15pm	Level 1, Lobby
West	ICON@IBP	Every Tuesday	KpopX Fitness	6.15pm	7.15pm	Level 1, Open Area
West	31 IBP	Every Wednesday	Zumba	6.15pm	7.15pm	Amphitheatre
West	Teletech Park @ Sci Park 2	Every Tuesday	K-Kardio	6.15pm	7.15pm	Space Outside Entrance
West	Ascent @ Sci Park 1	Every Wednesday	Zumba	6.15pm	7.15pm	Sheltered area outside 'Bridge+'
West	The Alpha @ Sci Park 2	Every Thursday	Bounce DanceFit	6.15pm	7.15pm	Central Courtyard
East	Techlink	Every Wednesday	HIIT	6.15pm	7.15pm	Techlink, #04-02/04
North	Techpoint	Every Monday	KpopX Fitness	6.15pm	7.15pm	Techpoint, Courtyard
Central	Techplace II	Every Thursday	KpopX Fitness	6.00pm	7.00pm	Block 5008, #01-05
East	KA Centre and KA Place	Every Friday	KpoPX Fitness	6.00pm	7.00pm	KA Place, #06-02
Central	Downtown (78 Shenton Way)	Every Wednesday (Except 12 Feb)	Piloxing	6.15pm	7.15pm	Level 1, Open Space (in front of Starbucks)
Central	Downtown (Asia Square)	27-Feb	Body Combat	6.30pm	7.30pm	Asia Square Towers, The Cube
Central	Downtown (Asia Square)	6, 20 Feb	Trampoline	6.30pm	7.30pm	Asia Square Towers, The Cube
Central	Downtown (AXA Tower)	Every Thursday (Except 13 Feb)	KpopX Fitness	6.30pm	7.30pm	Level 4, #04-03
Central	Downtown (Bugis Junction)	6-Feb	The MIX by Piloxing	6.30pm	7.30pm	Bugis Junction Towers, Level 4 Rooftop
Central	Downtown (Bugis Junction)	20, 27 Feb	Primal Max	6.30pm	7.30pm	Bugis Junction Towers, Level 4 Rooftop
Central	Downtown (CapitaGreen)	Every Tuesday	Hit Beats	6.30pm	7.30pm	Sky Terrace, Level 26
Central	Downtown (Capital Tower)	Every Monday	Piloxing	6.30pm	7.30pm	Capital Tower, Urban Plaza

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Central	Downtown (DUO Tower)	Every Tuesday	Bolly Dazz	6.30pm	7.30pm	Level 1, Open Plaza
Central	Downtown (Frasers Tower)	Every Monday (Except 24 Feb)	High-Intensity Interval Training	6.15pm	7.15pm	The Park (open area in front of Frasers Tower)
Central	Downtown (Frasers Tower)	24-Feb	Zumba	6.15pm	7.15pm	The Park (open area in front of Frasers Tower)
Central	Downtown (Fuji Xerox Tower)	Every Tuesday	Fight Do	6.15pm	7.15pm	Fuji Xerox Tower, #02-10 (take car park lift at the atrium)
Central	Downtown (Marina One)	6, 20 Feb	Cardio Kick Boxing	6.30pm	7.30pm	Open area beside Kazu restaurant
Central	Downtown (Marina One)	27-Feb	Trampoline	6.30pm	7.30pm	Open area beside Kazu restaurant
Central	Downtown (MBFC & ORQ)	Every Tuesday	Fight Do	6.30pm	7.30pm	One Raffles Quay traveller
Central	Downtown (Ocean Financial Centre)	11, 25 Feb	Trampoline	6.15pm	7.15pm	Ocean Financial Centre, Covered Plaza
Central	Downtown (One Marina Boulevard)	Every Wednesday	High-Intensity Interval Training	6.30pm	7.30pm	Level 1, Concourse area (beside The Little Skool House)
Central	Downtown (One Marina Boulevard)	Every Thursday	Let's Run	6.30pm	7.30pm	Level 1, Concourse area (beside The Little Skool House)
Central	Downtown (One Raffles Place)	Every Monday	Trampoline	6.30pm	7.30pm	Level 1, Open area (beside 1-Altitude entrance)
Central	Downtown (Oue Bayfront)	6-Feb	Cardio Hip Hop	6.15pm	7.15pm	OUE Bayfront Plaza, Level 1
Central	Downtown (Oue Bayfront)	20, 27 Feb	Primal Max	6.15pm	7.15pm	OUE Bayfront Plaza, Level 1
Central	Downtown (Downtown)	4, 11 Feb	Cardio Hip Hop	6.15pm	7.15pm	OUE Downtown 2, #23-09A
Central	Downtown (Downtown)	18, 25 Feb	Primal Max	6.15pm	7.15pm	OUE Downtown 2, #23-09A
Central	Downtown (Raffles Specialist Centre)	Every Thursday (Except 13 Feb)	K-Kardio	6.30pm	7.30pm	Sky Terrace, Level 19
Central	Downtown (Singapore Chinese Cultural Centre)	4, 11 Feb	High-Intensity Interval Training	6.30pm	7.30pm	Ho Bee Concourse, Level 1
Central	Downtown (Singapore Chinese Cultural Centre)	19-Feb	Trampoline	6.30pm	6.30pm	Ho Bee Concourse, Level 1
Central	Downtown (Singapore Chinese Cultural Centre)	20-Feb	Taiji Fitness	6.30pm	6.30pm	Ho Bee Concourse, Level 1
Central	Downtown (Singapore Chinese Cultural Centre)	12, 13 Feb	Obstacle Challenge	5.30pm	9.00pm	Ho Bee Concourse, Level 1
Central	Downtown (Singapore SportsHub)	Every Friday	High-Intensity Interval Training	7.00pm	8.00pm	SportsHub 100PLUS Promenade Gate 18
East	Geylang East Industrial Park	Every Tuesday	Piloxing	6.30pm	7.30pm	1013 Geylang East Industrial Estate, Lift Lobby
West	Chin Bee Industrial	Every Monday	Zumba	6.15pm	7.15pm	45 Quality Road, JTC Food Centre Car Park (Near Toilet)
West	Chin Bee Industrial	Every Wednesday	KpopX	6.15pm	7.15pm	45 Quality Road, JTC Food Centre Car Park (Near Toilet)
Central	Ang Mo Kio Industrial Park 2	Every Wednesday	Salsation	6.15pm	7.15pm	5022 Ang Mo Kio Industrial Park 2, Level 4, beside lift lobby & staircase
Central	Ang Mo Kio Industrial Park 2	Every Thursday	Zumba	6.15pm	7.15pm	5022 Ang Mo Kio Industrial Park 2, Level 4, beside lift lobby & staircase

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Central	AMK Industrial Park	Every Monday	KpopX	6.00pm	7.00pm	5 Ang Mo Kio Industrial Park 2A, AMK Tech II (Corridor beside cargo lift G6 / G9 at level 2 (near Kian Lai Heng Eating House))
Central	AMK Industrial Park	Every Tuesday	Fight Do	6.00pm	7.00pm	5 Ang Mo Kio Industrial Park 2A, AMK Tech II (Corridor beside cargo lift G6 / G9 at level 2 (near Kian Lai Heng Eating House))
South	Southbeach	Every Monday	KpopX	6.15pm	7.15pm	South Beach Tower Level 11, Sky Garden
South	Southbeach	13, 27 Feb	Running Clinic	6.15pm	7.15pm	South Beach, Meeting point Outside JW Marirott Grand Ballroom
Central	Serangoon North	Every Wednesday	Stretch Band	6.15pm	7.15pm	6 Serangoon North Ave 5, Mapletree Industrial Building lvl 1 Hallway (Indoor Venue)
East	Tampines Industrial Estate	Every Tuesday	Masala Bhangra	6.00pm	7.00pm	Blk 31 Tampines Street 92/93 Car Park Level 5
East	Tampines Industrial Estate	Every Thursday	Zumba	6.00pm	7.00pm	Blk 31 Tampines Street 92/93 Car Park Level 5
East	Tampines Industrial Estate	Every Friday	Brisk Walk	6.00pm	7.00pm	Our Tampines Hub, Lobby A Level 5 (Meeting point near locker rental station)
Central	Toa Payoh Industrial Park	Every Tuesday	Piloxing	6.30pm	7.30pm	1002 Toa Payoh Industrial Park (at badminton court behind passenger lift C)
Central	Toa Payoh Industrial Park	Every Thursday	Salsation	6.30pm	7.30pm	1002 Toa Payoh Industrial Park (at badminton court behind passenger lift C)
West	MIT The Synergy	Every Thursday	Stretch Band	6.15pm	7.15pm	Strategy - 2 International Business Park (Terrace outside #01-05)
West	MIT The Synergy	17, 24 Feb	Walk & Run	12.00pm	1.00pm	Synergy - 1 International Business Park (Level 1 beside security counter)
North	MIT Woodlands	5-Feb	Zumba	6.15pm	7.15pm	BLK 211, Woodlands Ave 9, Level 1 Terrace (Beside #01-86)
North	MIT Woodlands	Every Monday	Stretch Band	12.00pm	1.00pm	BLK 211, Woodlands Ave 9, Level 1 Terrace (Beside #01-86)
North	MIT Woodlands	Every Wednesday	Yoga	12.00pm	1.00pm	BLK 211, Woodlands Ave 9, Level 1 Terrace (Beside #01-86)
East	Paya Lebar LLI	Every Monday	Yoga	6.30pm	7.30pm	Lifelong Learning Institute Level 3 Library Atrium
East	Paya Lebar Square [PL Precinct]	Every Wednesday	KpopX	6.30pm	7.30pm	PLS Open space near taxi stand
East	Singpost (PLLS) [PL Precinct]	Every Thursday	Zumba	6.30pm	7.30pm	SingPost Centre (Sheltered area outside Hopii Mung Bean Smoothie)
Central	MIT Toa Payoh	18-Feb	Fight Do	6.30pm	7.30pm	Blk 978 Toa Payoh North Carpark Level 5
East	18 Tai Seng	Every Monday	KpopX	6.30pm	7.30pm	18 Tai Seng St, Singapore 534119, Level 1 Concourse
South	China Place Precinct	Every Tuesday	Zumba	6.30pm	7.30pm	Open area beside Capital Square 2, behind "WINE Connection"
South	China Place Precinct	Every Monday	Yoga	6.30pm	7.30pm	China Square Central, #B1-119 Seating Area in front of 'Timeless Traditional Brew'
East	CDL Tampines	Every Thursday	Zumba	6.15pm	7.15pm	9 Tampines Grande Tower 1, Qiren Office, Level 2, Seminar Room
East	Viva Business Park	Every Wednesday	KpopX	6.00pm	7.00pm	Urban Plaza, Level 1

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South	CDL Manulife Centre/ SMU	Every Thursday	KpopX	6.15pm	7.15pm	SMU School of Information Systems, Open area outside 'Subway'
West	Clean Tech	Every Monday	Yoga	5.30pm	6.30pm	1 Cleantech Loop, CleanTech One Seminar Room (go up by 2 stairs of escalator)
West	Clean Tech	Every Wednesday	Pound Fitness	5.30pm	6.30pm	1 Cleantech Loop, CleanTech One Seminar Room (go up by 2 stairs of escalator)
North	Seletar Aerospace Park	Every Wednesday	Yoga	6.00pm	7.00pm	2 Park Lane, Singapore 798386 (at lawn A open field behind Wheeler's Estate)
South	Suntec	Every Wednesday (Except 19 Feb)	Zumba	6.30pm	7.30pm	Suntec Plaza, Outside PasarBella
South	Suntec	Every Thursday (Except 20 Feb)	K-Kardio	6.30pm	7.30pm	Suntec Plaza, Outside PasarBella
South	Suntec	17-Feb	MegaDanz	7.00pm	8.00pm	Suntec Plaza, Outside PasarBella
South	Suntec	18-Feb	#32 Plus	7.00pm	8.00pm	Suntec Plaza, Outside PasarBella
South	Suntec	19-Feb	#32 Slick	6.30pm	7.30pm	Suntec Plaza, Outside PasarBella
South	Suntec	20-Feb	Hip Hop	6.30pm	7.30pm	Suntec Plaza, Outside PasarBella
South	Suntec	21-Feb	SteadyAsia	6.30pm	7.30pm	Suntec Plaza, Outside PasarBella
South	Millenia	Every Thursday	Zumba	6.30pm	7.30pm	Level 1 Sculpture Plaza (Open Area), in between Millenia and Centennial Tower
South	Harbourfront	Every Tuesday	Zumba	6.15pm	7.15pm	Landscaped Court (opp. SaladStop!) - In between Harbourfront Tower 1 and Centre
South	Harbourfront	Every Thursday	MegaDanz	6.15pm	7.15pm	Landscaped Court (opp. SaladStop!) - In between Harbourfront Tower 1 and Centre
South	Harbourfront	Every Friday	K Kardio	6.15pm	7.15pm	Landscaped Court (opp. SaladStop!) - In between Harbourfront Tower 1 and Centre



#MOVEIT150

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