

IMPORTANT NOTICE for QuickHIIT 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 H365 for the updated sessions
- 3) For enquiries regarding: Anchorvale CC | Choa Chu Kang Park | Choa Chu Kang Stadium | East Coast Park | IMM | Jcube | Jurong West | Our Tampines Hub | Pasir Ris Sports Centre | Singapore Sports Hub | Tiong Bahru Park | Serangoon CC | Serangoon Stadium | Velocity | please email info@alphafitness.com.sg or call 9643-3555
- 4) For enquiries regarding: Bedok Stadium | Bukit Gombak Stadium | Clementi Stadium | Punggol Town Square | Toa Payoh Stadium | Woodlands Stadium | Yio Chu Kang Stadium | please email hpb.hiit@ases.edu.sg or call 6564-5171

Area	Venue	Day of Month	Activity	Start Time	End Time
East	Anchorvale CC	Every Tuesday	QuickHIIT for MEN	7.45pm	9pm
East	Our Tampines Hub	Every Monday	QuickHIIT for MEN	7.30pm	8.30pm
West	Bukit Gombak Stadium	Every Wednesday	QuickHIIT	7pm	8pm
Central	Singapore Sports Hub	Every Monday	QuickHIIT	7pm	8pm
East	Bedok Stadium	Every Sunday	QuickHIIT	5pm	6pm
West	Clementi Stadium	Every Thursday	QuickHIIT	7.30pm	8.30pm
Central	East Coast Park	Every Thursday	QuickHIIT	7pm	8pm
West	IMM	Every Wednesday	QuickHIIT	7pm	8pm
West	Jcube	Every Thursday	QuickHIIT for MEN	7.30pm	8.30pm
West	Jurong East Stadium	Every Tuesday	QuickHIIT for MEN	7pm	8pm
West	Choa Chu Kang Park	Every Sunday	QuickHIIT	8.30am	9.30am
West	Jurong West	Every Friday	QuickHIIT	7.30pm	8.30pm
West	Choa Chu Kang Stadium	Every Sunday	QuickHIIT for MEN	8.30am	9.30am
East	Our Tampines Hub	Every Tuesday	QuickHIIT	6.30pm	7.30pm

East	Pasir Ris Sports Centre	Every Friday	QuickHIIT	7.30pm	8.30pm
East	Punggol Town Square	Every Wednesday	QuickHIIT	7pm	8pm
North/East	Serangoon CC - Level 1 MPH	Every Tuesday	QuickHIIT	7pm	8pm
North/East	Serangoon CC - Level 6 MPH	Every Thursday	QuickHIIT for MEN	7pm	8pm
North/East	Serangoon Stadium	Every Thursday	QuickHIIT	7pm	8pm
West	Jurong Lake	Every Sunday	QuickHIIT	6pm	7pm
Central	Tiong Bahru Park	Every Tuesday	QuickHIIT	7pm	8pm
Central	Toa Payoh Stadium	Every Thursday	QuickHIIT for MEN	7pm	8pm
Central	Velocity	Every Thursday	QuickHIIT	7pm	8pm
North	Woodlands Stadium	Every Wednesday	QuickHIIT	7pm	8pm
North	Yio Chu Kang Stadium	Every Friday	QuickHIIT	7pm	8pm



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