

## IMPORTANT NOTICE for QuickHIIT OCT 2019

- 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  
~ please email [info@alphafitness.com.sg](mailto: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 |  
~ please email [hpb.hiit@ases.edu.sg](mailto:hpb.hiit@ases.edu.sg) or call 6564-5171

## CANCELLATION NOTIFICATION

- 1) The workout session at **Bedok Stadium, Choa Chu Kang Park, Choa Chu Kang Stadium and Jurong Lake** is cancelled on **27th Oct** as it is an observed Public Holiday (Deepavali observed)
- 2) The workout session at **Bukit Gombak Stadium, Our Tampines Hub and Singapore Sports Hub** is cancelled on **28th Oct** as it is an observed Public Holiday (Deepavali observed)

Area	Programme	Venue	Month	Day of Month	Activity	Start Time	End Time	Remarks
East	QuickHIIT	Anchorvale CC	Oct	Every Tuesday	QuickHIIT for MEN	7.45pm	9pm	
East	QuickHIIT	Bedok Stadium	Oct	Every Sunday	QuickHIIT	5pm	6pm	No session on 27th Oct
West	QuickHIIT	Bukit Gombak Stadium	Oct	Every Monday	QuickHIIT	7pm	8pm	No session on 28th Oct
West	QuickHIIT	Bukit Gombak Stadium	Oct	Every Wednesday	QuickHIIT	7pm	8pm	
West	QuickHIIT	Choa Chu Kang Park	Oct	Every Sunday	QuickHIIT	8.30am	9.30am	No session on 27th Oct
West	QuickHIIT	Choa Chu Kang Stadium	Oct	Every Sunday	QuickHIIT for MEN	8.30am	9.30am	No session on 27th Oct
West	QuickHIIT	Clementi Stadium	Oct	Every Thursday	QuickHIIT	7.30pm	8.30pm	
Central	QuickHIIT	East Coast Park	Oct	Every Thursday	QuickHIIT	7pm	8pm	
West	QuickHIIT	IMM	Oct	Every Wednesday	QuickHIIT	7.30pm	8.30pm	
West	QuickHIIT	Jcube	Oct	Every Thursday	QuickHIIT for MEN	7.30pm	8.30pm	
West	QuickHIIT	Jurong East Stadium	Oct	Every Tuesday	QuickHIIT for MEN	7pm	8pm	
West	QuickHIIT	Jurong Lake	Oct	Every Sunday	QuickHIIT	6pm	7pm	No session on 27th Oct
West	QuickHIIT	Jurong West	Oct	Every Friday	QuickHIIT	7.30pm	8.30pm	
East	QuickHIIT	Our Tampines Hub	Oct	Every Monday	QuickHIIT for MEN	7.30pm	8.30pm	No session on 28th Oct
East	QuickHIIT	Our Tampines Hub	Oct	Every Tuesday	QuickHIIT	6.30pm	7.30pm	
East	QuickHIIT	Pasir Ris Sports Centre	Oct	Every Friday	QuickHIIT	7.30pm	8.30pm	
East	QuickHIIT	Punggol Town Square	Oct	Every Wednesday	QuickHIIT	7pm	8pm	
North/East	QuickHIIT	Serangoon CC - Level 1 MPH	Oct	Every Tuesday	QuickHIIT	7pm	8pm	
North/East	QuickHIIT	Serangoon CC - Level 6 MPH	Oct	Every Thursday	QuickHIIT for MEN	7pm	8pm	
North/East	QuickHIIT	Serangoon Stadium	Oct	Every Thursday	QuickHIIT	7pm	8pm	
Central	QuickHIIT	Singapore Sports Hub	Oct	Every Monday	QuickHIIT	7pm	8pm	No session on 28th Oct
Central	QuickHIIT	Tiong Bahru Park	Oct	Every Tuesday	QuickHIIT	7pm	8pm	
Central	QuickHIIT	Toa Payoh Stadium	Oct	Every Thursday	QuickHIIT for MEN	7pm	8pm	
Central	QuickHIIT	Velocity	Oct	Every Thursday	QuickHIIT	7pm	8pm	
North	QuickHIIT	Woodlands Stadium	Oct	Every Wednesday	QuickHIIT	7pm	8pm	
North	QuickHIIT	Yio Chu Kang Stadium	Oct	Every Friday	QuickHIIT	7pm	8pm	