

**IMPORTANT NOTICE**

- 1) Download the Healthy 365 mobile app to check session availability and book your session
- 2) Sessions are subjected to change, kindly refer to H365 for the updated sessions
- 3) Active Family Programme (AFP) are for children aged 6 to 12 years old only
- 4) For enquires, please contact Team Axis Pte Ltd @ 93843328 (10pm to 6am)

Activity	Area	Venue	Day of month	Start Time	End Time
Advanced Bowling	North	Yishun SAFRA	Every Sunday	12:00pm	1:00pm
Advanced Bowling	North	Orchid Bowl @ SAFRA Yishun	Every Sunday	12:00pm	1:00pm
Bowling	North	SuperBowl Khatib @ Hometeam NS	Every Sunday	10:00am	11:00am
Bowling	Central	SuperBowl Mount Faber	Every Saturday (Except 1 May)	10:00am	11:00am
Inline Skating	West	Admiralty Park	Every Sunday	5:00pm	6:00pm
Inline Skating	West	Jurong West Sports Hall	Every Sunday	8:30am	9:30am
KPOP Dance Routine	East	Bedok Reservoir	Every Saturday (Except 1 May)	9:30am	10:30am
KPOP Dance Routine	North	Yishun Town Square	Every Saturday (Except 1 May)	5:00pm	6:00pm
Mindfulness Yoga	North	Bukit Panjang Plaza	Every Saturday (Except 1 May)	10:00am	11:00am
NERF Play	North	Buangkok Square	Every Saturday (Except 1 May)	5:00pm	6:00pm
NERF Play	West	Hillion Mall	Every Saturday (Except 1 May)	9:00am	10:00am
Rock Climbing	East	Rock School @ Bedok Community Centre	29-May	11:00am	12:00pm
Skateboarding	South-East	Singapore Sports Hub (Gate 14)	Every Sunday	3:00pm	4:00pm
Skateboarding	West	Clementi Sports Hall	Every Saturday (Except 1 May)	9:30am	10:30am

Activity	Area	Venue	Day of month	Start Time	End Time
Tag Rugby	Central	Toa Payoh ActiveSG Sports Hall	Every Sunday	5:30pm	6:30pm
Tchoukball	North-East	Oasis Terraces	Every Saturday (Except 1 May)	5:00pm	6:00pm

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- 3) Active Family Junior Programme (AFJP) are for children aged 4 to 6 years old only
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Activity	Area	Venue	Day of month	Start Time	End Time
Fundamental Movement Skills and Hiking Trail	Central	Active Garden (Gardens by the Bay)	Every Saturday (Except 1 May)	4:00pm	5:00pm
Fundamental Movement Skills and Junior Archery	West	Kampung Admiralty Community Plaza	Every Sunday	9:00am	10:00am
Fundamental Movement Skills and Junior Inline Skating	North-East	Punggol Park	Every Saturday (Except 1 May)	5:00pm	6:00pm
Fundamental Movement Skills and Junior Skateboarding	East	Bedok Town Square	Every Saturday (Except 1 May)	3:00pm	4:00pm
Fundamental Movement Skills and Wushu	West	Xuan Sports and Wellness	Every Saturday (Except 1 May)	5:00pm	6:00pm