

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

Activity	Area	Venue	Day of month	Start Time	End Time	Contact Details
Fight-DO	East	BreadTalk IHQ - space outside BreadTalk	Every Thursday (Except 13 May)	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Kickboxing	South	Mapletree - Basketball court	Every Monday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	Central	Techpoint - Level 1, Courtyard	Every Wednesday (Except 26 May)	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	East	BreadTalk IHQ - space outside BreadTalk	Every Tuesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	West	ICON@IBP - Level 1, Atrium	Every Wednesday (Except 26 May)	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	West	Mediapolis Town Square, Level 2	Every Monday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	East	Bedok Industrial - Pavillion between Block 3011 and 3014	Every Thursday (Except 13 May)	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	East	Eightrium - Rooftop, Level 6	Every Friday	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	East	Kampong Ubi Industrial - Open space outside Blk 3023 MSCP	Every Monday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Piloxing	Central	Aperia - Level 3 Open Plaza	Every Monday	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Piloxing	West	31@IBP - Level 1 Open Area	Every Tuesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873

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Piloxing	West	JTC Launchpad - Basketball Court	Every Wednesday (Except 26 May)	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
SupaFresh DanceFit	West	Teletech Park@Science Park 2 - Level 2 Roof Garden	Every Monday	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Yoga	East	BreadTalk IHQ - All About Yoga studio #08-04	Every Wednesday (Except 26 May)	12:30pm	1:15pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba/KpopX Fitness	Central	UE Square - Skylight Atrium, Level 1	Every Monday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	Plaza 8 - Amphitheatre	Every Tuesday	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	North	YS-ONE - Area outside management office	Every Monday	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	South	Sentosa Boardwalk (Closer to VivoCity)	Every Friday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	West	Ascent@Science Park 1 - outside 'thebridge+'	Every Tuesday	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	West	Fusionopolis - Outside Starbucks Level 2	Every Thursday (Except 13 May)	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	Virtual Session	To join the session, kindly click on this link right when the session is about to start- bit.ly/hwe-mon	Every Monday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Fitness Re-boot!	Virtual Session	To join the session, kindly click on this link right when the session is about to start- bit.ly/hwe-tue	Every Tuesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Oxigeno	Virtual Session	To join the session, kindly click on this link right when the session is about to start- bit.ly/hwe-wed	Every Wednesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873

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Cardio Fitness/HIIT	Central	Guoco Tower Covered Plaza	Every Monday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Bounce Dance Fit	Central	Urban Plaza, Level 1	Every Thursday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Glow Stick Party (Zumba)	Central	Raffles Place Park	Every Wednesday (Except 26 May)	7:00pm	8:00pm	SNEF: hde@snef.org.sg / 62907697
HIIT	Central	100PLUS Promenade	Every Tuesday	7:00pm	8:00pm	SNEF: hde@snef.org.sg / 62907697
HIIT	Central	100PLUS Promenade	Every Saturday	10:00am	11:00am	SNEF: hde@snef.org.sg / 62907697
KpopX Fitness	Central	Rooftop, Level 4	Every Tuesday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Masala Bhangra	Central	100PLUS Promenade	Every Thursday	7:00pm	8:00pm	SNEF: hde@snef.org.sg / 62907697
Piloxing	Central	Ocean Financial Centre Covered Plaza	4,18 May	6:15pm	7:15pm	SNEF: hde@snef.org.sg / 62907697
Running Techniques Workshop	Central	in front of Red Dot Design Museum	11,25 May	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
STRONG Nation™	Central	Open Area in front of Frasers Tower	Every Monday	6:15pm	7:15pm	SNEF: hde@snef.org.sg / 62907697
Trampoline	Central	Open Space beside One Altitude	Every Monday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Zumba	Central	Duo Tower Level 2 common area near the office drop off point	Every Tuesday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Zumba	Central	The Lawn @ Marina Bay	Every Thursday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Cardio Kickboxing	Virtual Session	Link will be provided when it's available	Every Wednesday (Except 26 May)	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
HIIT	Virtual Session	Link will be provided when it's available	Every Tuesday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
HIIT	Virtual Session	Link will be provided when it's available	Every Thursday (Except 13 May)	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Piloxing	Virtual Session	Link will be provided when it's available	Every Friday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Pop Pilates	Virtual Session	Link will be provided when it's available	Every Monday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697

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Bollyrobics (Masala Bhangra)	East	18 Tai Seng Street, Level 1 Concourse	Every Monday	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Fight Do	East	Changi Airport Recreation Club (CARC) T2, Carpark 2B, Lift Lobby 7, Level 3M	Every Tuesday	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Fight Do	South	Marina Square Level 2 (Outside Pororo Park - Outdoor deck)	Every Thursday (Except 13 May)	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Fight Do	South	Open area beside Capital Square 2, behind "WINE Connection"	Every Friday	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Fusion Dance	West	Quality Food Centre Open Car Park	Every Monday	6:15pm	7:15pm	Minmed: askhwe@minmed.sg / 64162957
Hatha Yoga	East	PLQ Parkside, Paya Lebar Quarter (In between PLQ 3 and Park Place Residences - Level 1)	Every Wednesday (Except 26 May)	7:45am	8:45am	Minmed: askhwe@minmed.sg / 64162957
K-Kardio	South	Suntec Plaza, Outside PasarBella	Every Tuesday	5:45pm	6:45pm	Minmed: askhwe@minmed.sg / 64162957
K-Kardio	South	Suntec Plaza, Outside PasarBella	Every Tuesday	7:15pm	8:15pm	Minmed: askhwe@minmed.sg / 64162957
K-Kardio	East	SingPost Centre (Sheltered area outside Hopii Mung Bean Smoothie)	Every Thursday (Except 13 May)	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
KpopX Fitness	Central	Blk 1002 Badminton Court	Every Tuesday	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Megadanz	South	Level 1 Sculpture Plaza (Open Area), in between Millenia and Centennial Tower	Every Monday	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	Central	5 Ang Mo Kio Industrial Park 2A Tech II, (Corridor beside cargo lift G6 / G9 lobby at level 2, near Kian Lai Heng Eating House)	Every Monday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957

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Zumba	West	CleanTech Park, LaunchPad @ Innovative District	Every Monday	5:30pm	6:30pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	South	South Beach Tower, Sky Garden Level 11	Every Tuesday	6:15pm	7:15pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	South	Open area beside Capital Square 2, behind "WINE Connection"	Every Tuesday	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	East	Urban Plaza Level 1, area beside Water Fountain	Every Wednesday (Except 26 May)	6.00pm	7.00pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	East	Changi Airport Recreation Club (CARC) T2, Carpark 2B, Lift Lobby 7, Level 3M	Every Friday	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	East	PLS Open space near taxi stand	Every Wednesday (Except 26 May)	6.30pm	7.30pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	South	Suntec Plaza, Outside PasarBella	Every Wednesday (Except 26 May)	5:45pm	6:45pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	South	Suntec Plaza, Outside PasarBella	Every Wednesday (Except 26 May)	7:15pm	8:15pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	South	SMU School of Information Systems, Open area outside 'Subway', Level 1	Every Thursday (Except 13 May)	6:15pm	7:15pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	South	HarbourFront Centre, North Atrium (Outside Pizza Hut)	Every Thursday (Except 13 May)	6:15pm	7:15pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	East	31 Tampines Street Multi Storey Carpark Level 5	Every Thursday (Except 13 May)	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
Bollyrobics (Masala Bhangra)	Virtual Session	Webinar ID 871 7307 5546, Passcode 497974	Every Thursday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
Cardio Dance	Virtual Session	Webinar ID 871 7307 5546, Passcode 497974	Every Wednesday (Except 26 May)	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
Cardio Hip Hop	Virtual Session	Webinar ID 871 7307 5546, Passcode 497974	Every Monday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
Fusion Dance	Virtual Session	Webinar ID 871 7307 5546, Passcode 497974	12-May	12:00pm	1:00pm	Minmed: askhwe@minmed.sg / 64162957

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K Kardio	Virtual Session	Webinar ID 871 7307 5546, Passcode 497974	Every Friday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
Megadanz	Virtual Session	Webinar ID 871 7307 5546, Passcode 497974	Every Tuesday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957