

### IMPORTANT NOTICE

- 1) Download the Healthy365 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) For enquires, please contact Minmed @ 87886986, [fitness@minmed.sg](mailto:fitness@minmed.sg)

Activity	Area	Venue	Day of month	Start Time	End Time
Kickboxing	North East	Waterway Point	Every Thursday	7:30pm	8:30pm
Kickboxing	North East	Tampines Mall	Every Wednesday	7:00pm	8:00pm
Kickboxing	North West	Bukit Panjang Plaza	1st, 3rd, & 5th Sunday	10:00am	11:00am
Kickboxing	South West	The Star Vista	Every Monday	7:30pm	8:30pm
K-Kardio	South East	Kinex	2nd & 4th Monday	6:30pm	7:30pm
K-Kardio	South West	Jcube	Every Friday	7:00pm	8:00pm
K-Kardio	South West	Jcube	Every Monday	7:00pm	8:00pm
Kpop X Fitness	Central	Anchorpoint	2nd & 4th Wednesday	6:30pm	7:30pm
Kpop X Fitness	Central	Junction 8	Every Friday	7:00pm	8:00pm
Kpop X Fitness	Central	Tiong Bahru Plaza	2nd & 4th Thursday	7:00pm	8:00pm
KpopX Fitness	North East	Hougang Mall	2nd & 4th Saturday	6:00pm	7:00pm
KpopX Fitness	North East	Punggol Plaza	Every Sunday	9:00am	10:00am

Activity	Area	Venue	Day of month	Start Time	End Time
Kpop X Fitness	North West	Bukit Panjang Plaza	2nd & 4th Sunday	10:00am	11:00am
Kpop X Fitness	South East	Bedok Point	1st, 3rd & 5th Saturday	6:30pm	7:30pm
Kpop X Fitness	South East	Changi City Point	Every Saturday	10:00am	11:00am
Kpop X Fitness	South West	IMM	Every Tuesday	7:00pm	8:00pm
Kpop X Fitness	South West	Jem	Every Wednesday	6:30pm	7:30pm
Kpop X Fitness	South West	Jurong Point Shopping Centre	2nd & 4th Sunday	9:00am	10:00am
Piloxing	Central	AMK Hub	Every Tuesday	7:00pm	8:00pm
Piloxing	Central	Tiong Bahru Plaza	1st, 3rd & 5th Thursday	7:00pm	8:00pm
Piloxing	North East	Tampines 1	Every Thursday	7:00pm	8:00pm
Zumba	Central	Anchorpoint	1st, 3rd, & 5th Wednesday	6:30pm	7:30pm
Zumba	Central	Buangkok Square	1st & 3rd Monday	7:00pm	8:00pm
Zumba	Central	City Square Mall	Every Thursday	6:30pm	7:30pm
Zumba	Central	Zhongshan Mall	Every Tuesday	6:30pm	7:30pm
Zumba	North East	Century Square	Every Tuesday	7:00pm	8:00pm
Zumba	North East	Downtown East	Every Wednesday	7:00pm	8:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
Zumba	North East	Hougang Mall	1st, 3rd & 5th Saturday	6:00pm	7:00pm
Zumba	North East	Oasis Terraces	Every Monday	7:00pm	8:00pm
Zumba	North West	Hillion Mall	Every Thursday	7:00pm	8:00pm
Zumba	North West	Kampung Admiralty	Every Monday	7:00pm	8:00pm
Zumba	North West	Northpoint City	Every Friday	7:00pm	8:00pm
Zumba	South East	Bedok Point	2nd & 4th Saturday	6:30pm	7:30pm
Zumba	South East	Eastpoint Mall	Every Thursday	7:00pm	8:00pm
Zumba	South East	Kinex	1st, 3rd, & 5th Monday	6:30pm	7:30pm
Zumba	South East	Parkway Parade	Every Saturday	6:00pm	7:00pm
Zumba	South West	Jurong Point Shopping Centre	1st, 3rd, & 5th Sunday	9:00am	10:00am
Zumba	South West	West Mall	Every Thursday	6:30pm	7:30pm