

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) For enquires, please contact
 - Academy of Sports and Exercise Science @ 65645171, hpb.hiit@ases.edu.sg
 - Alpha Fitness Pte Ltd @ 96433555, info@alphafitness.com.sg

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------|---------|------------------------------------|---------------------------------|------------|----------|
| QuickHIIT | Central | (Active Garden) Gardens by The Bay | Every Thursday (Except 13 May) | 7:00pm | 8:00pm |
| QuickHIIT | Central | (Active Garden) Gardens by The Bay | Every Saturday (Except 1 May) | 6:00pm | 7:00pm |
| QuickHIIT | Central | Asian Civilisations Museum | Every Wednesday (Except 26 May) | 7:30am | 8:30am |
| QuickHIIT | Central | Esplanade Park | Every Tuesday | 6:30pm | 7:30pm |
| QuickHIIT | Central | Toa Payoh Town Park | Every Tuesday | 7:30pm | 8:30pm |
| QuickHIIT | Central | Home of Athletics | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |
| QuickHIIT | Central | Home of Athletics | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | Central | Singapore Sports Hub | Every Monday | 7:00pm | 8:00pm |
| QuickHIIT | Central | Singapore Sports Hub | Every Wednesday (Except 26 May) | 7:00pm | 8:00pm |
| QuickHIIT | Central | Tiong Bahru Park | Every Tuesday | 7:00pm | 8:00pm |
| QuickHIIT | Central | Toa Payoh Sport Centre | Every Monday | 8:00am | 8:30am |
| QuickHIIT | Central | Toa Payoh Sport Centre | Every Wednesday (Except 26 May) | 7:00am | 8:00am |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------|---------|-------------------------|--------------------------------|------------|----------|
| QuickHIIT | Central | Toa Payoh Sport Centre | Every Thursday (Except 13 May) | 7:30pm | 8:30pm |
| QuickHIIT | Central | Toa Payoh Sport Centre | Every Friday | 7:00am | 8:00am |
| QuickHIIT | East | Bedok Point | Every Monday | 7:00pm | 8:00pm |
| QuickHIIT | East | Bedok Stadium | Every Thursday (Except 13 May) | 7:30pm | 8:30pm |
| QuickHIIT | East | Bedok Stadium | Every Sunday | 5:30pm | 6:30pm |
| QuickHIIT | East | Bedok Town Square | Every Tuesday | 7:30pm | 8:30pm |
| QuickHIIT | East | City Square Mall | Every Saturday (Except 1 May) | 9:00am | 10:00am |
| QuickHIIT | East | Downtown East | Every Tuesday | 6:30pm | 7:30pm |
| QuickHIIT | East | East Coast Park | Every Thursday (Except 13 May) | 7:00pm | 8:00pm |
| QuickHIIT | East | East Coast Park | Every Saturday (Except 1 May) | 8:00am | 9:00am |
| QuickHIIT | East | Katong swimming complex | Every Monday | 7:30pm | 8:30pm |
| QuickHIIT | East | Katong swimming complex | Every Saturday (Except 1 May) | 7:30pm | 8:30pm |
| QuickHIIT | East | Our Tampines Hub | Every Monday | 7:15pm | 8:15pm |
| QuickHIIT | East | Our Tampines Hub | Every Monday | 8:15pm | 9:15pm |
| QuickHIIT | East | Our Tampines Hub | Every Tuesday | 8:15pm | 9:15pm |
| QuickHIIT | East | Pasir Ris East CC | Every Monday | 7:30pm | 8:30pm |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------|-------|-------------------------|---------------------------------|------------|----------|
| QuickHIIT | East | Pasir Ris Elias CC | Every Sunday | 5:00pm | 6:00pm |
| QuickHIIT | East | Pasir Ris Sports Centre | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | East | Sun Plaza Park | Every Sunday | 5:00pm | 6:00pm |
| QuickHIIT | East | Tampines One | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |
| QuickHIIT | North | Bishan Sport Centre | Every Tuesday | 7:30pm | 8:30pm |
| QuickHIIT | North | Bishan Sport Centre | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |
| QuickHIIT | North | Bishan Sport Centre | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | North | Bishan-Ang Mo Kio Park | Every Thursday (Except 13 May) | 7:30pm | 8:30pm |
| QuickHIIT | North | Jalan Pintau Playground | Every Monday | 7:00pm | 8:00pm |
| QuickHIIT | North | Junction 8 | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |
| QuickHIIT | North | Junction 8 | Every Saturday (Except 1 May) | 9:00am | 10:00am |
| QuickHIIT | North | Junction 8 | Every Sunday | 9:00am | 10:00am |
| QuickHIIT | North | Junction 8 | Every Monday | 7:30pm | 8:30pm |
| QuickHIIT | North | Kampung Admiralty Plaza | Every Thursday (Except 13 May) | 7:30pm | 8:30pm |
| QuickHIIT | North | Kampung Admiralty Plaza | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | North | Kampung Admiralty Plaza | Every Saturday (Except 1 May) | 6:00pm | 7:00pm |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------|------------|---------------------------|---------------------------------|------------|----------|
| QuickHIIT | North | Kampung Admiralty Plaza | Every Sunday | 6:00pm | 7:00pm |
| QuickHIIT | North | Sembawang Park | Every Friday | 6:30pm | 7:30pm |
| QuickHIIT | North | Sun Plaza Hardcourt | Every Monday | 7:30pm | 8:30pm |
| QuickHIIT | North | Sun Plaza Hardcourt | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | North | Woodlands Sport Centre | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |
| QuickHIIT | North | Yishun Neighbourhood Park | Every Monday | 6:30pm | 7:30pm |
| QuickHIIT | North | Yishun Park | Every Wednesday (Except 26 May) | 6.30pm | 7.30pm |
| QuickHIIT | North | Yishun Town Square | Every Thursday (Except 13 May) | 10:00am | 11:00am |
| QuickHIIT | North | Yishun Town Square | Every Saturday (Except 1 May) | 9:00am | 10:00am |
| QuickHIIT | North | Yishun Town Square | Every Sunday | 10:00am | 11:00am |
| QuickHIIT | North/East | Buangkok Square | Every Sunday | 5:00pm | 6:00pm |
| QuickHIIT | North/East | Oasis Terrace | Every Thursday (Except 13 May) | 7:00pm | 8:00pm |
| QuickHIIT | North/East | Punggol Park | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | North/East | Punggol Town Square | Every Wednesday (Except 26 May) | 7:00pm | 8:00pm |
| QuickHIIT | North/East | Punggol Town Square | Every Wednesday (Except 26 May) | 8:15pm | 9:15pm |
| QuickHIIT | North/East | Punggol Town Square | Every Friday | 7:00pm | 8:00pm |

| Activity | Area | Venue | Day of month | Start Time | End Time |
|-----------|------------|---------------------------|---------------------------------|------------|----------|
| QuickHIIT | North/East | Sengkang Sports Centre | Every Tuesday | 6:00pm | 7:00pm |
| QuickHIIT | North/East | Sengkang Sports Centre | Every Wednesday (Except 26 May) | 7:30am | 8:30am |
| QuickHIIT | North/East | Sengkang Sports Centre | Every Saturday (Except 1 May) | 7:30am | 8:30am |
| QuickHIIT | North/East | Serangoon Stadium | Every Monday | 7:30pm | 8:30pm |
| QuickHIIT | North/East | Serangoon Stadium | Every Tuesday | 7:30pm | 8:30pm |
| QuickHIIT | North/East | Serangoon Stadium | Every Thursday (Except 13 May) | 7:30pm | 8:30pm |
| QuickHIIT | North/East | Waterway Point | Every Tuesday | 7:30pm | 8:30pm |
| QuickHIIT | West | Bukit Batok Zone 7 RC | Every Tuesday | 7:30pm | 8:30pm |
| QuickHIIT | West | Bukit Batok Zone 7 RC | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | West | Bukit Gombak Sport Centre | Every Monday | 7:30pm | 8:30pm |
| QuickHIIT | West | Bukit Gombak Sport Centre | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |
| QuickHIIT | West | Bukit Gombak Sport Centre | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | West | Bukit Panjang Plaza | Every Saturday (Except 1 May) | 5:00pm | 6:00pm |
| QuickHIIT | West | Choa Chu Kang Park | Every Sunday | 7:00am | 8:00am |
| QuickHIIT | West | Choa Chu Kang Park | Every Sunday | 8:00am | 9:00am |
| QuickHIIT | West | Choa Chu Kang Stadium | Every Sunday | 7:30am | 8:30am |

| Activity | Area | Venue | Day of month | Start Time | End Time |
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| QuickHIIT | West | Clementi Sport Centre | Every Monday | 7:30pm | 8:30pm |
| QuickHIIT | West | Clementi Sport Centre | Every Thursday (Except 13 May) | 7:30pm | 8:30pm |
| QuickHIIT | West | Hillion Mall | Every Tuesday | 7:30pm | 8:30pm |
| QuickHIIT | West | Hillion Mall | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |
| QuickHIIT | West | IMM | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |
| QuickHIIT | West | Jcube | Every Thursday (Except 13 May) | 7:30pm | 8:30pm |
| QuickHIIT | West | Jurong Lake Gardens | Every Sunday | 8:00am | 9:00am |
| QuickHIIT | West | Jurong Lake Gardens (ActiveSG) | Every Monday | 7:30am | 8:30am |
| QuickHIIT | West | Jurong Lake Gardens (ActiveSG) | Every Tuesday | 7:30pm | 8:30pm |
| QuickHIIT | West | Jurong Lake Gardens (ActiveSG) | Every Saturday (Except 1 May) | 5:30pm | 6:30pm |
| QuickHIIT | West | Jurong West SIP | Every Friday | 7:30pm | 8:30pm |
| QuickHIIT | West | West Coast Park | Every Wednesday (Except 26 May) | 7:30pm | 8:30pm |