

**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 Minmed @ 87886986, fitness@minmed.sg

Activity	Area	Venue	Day of month	Start Time	End Time
#32 Dance Fitness	Central	Firefly park @ Clementi	Every Sunday	8:30am	9:30am
Aerobics	North	Jalan Pintau Playground Park	Every Sunday	5:00pm	6:00pm
Aerobics	North	Serangoon Sunshine Park	Every Sunday	5:00pm	6:00pm
Aerobics	West	Jurong Lake Gardens	Every Sunday	5:00pm	6:00pm
Bokwa	North	Our Park @ 618 Ang Mo Kio	Every Sunday	7:30am	8:30am
Bolly Dazz	East	Bedok North Street 2 Blk 138	Every Sunday	8:30am	9:30am
Bolly Dazz	West	Taman Jurong Greens	Every Sunday	8:30am	9:30am
Bollyrobics	East	Chai Chee Road Blk 61	Every Sunday	5:00pm	6:00pm
Bollyrobics	East	Kaki Bukit Neighbourhood Park	Every Sunday	8:30am	9:30am
Bollyrobics	East	Tampines Tree Park	Every Sunday	5:00pm	6:00pm
Bollyrobics	West	Clementi Neighbourhood Park	Every Sunday	8:00am	9:00am
Cardio Dance	Central	Ang Mo Kio Town Garden West	Every Sunday	5:00pm	6:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
Cardio Dance	Central	East Coast Park	Every Sunday	8:30am	9:30am
Cardio Dance	South	Bukit Purmei Hillock Park	Every Sunday	8:00am	9:00am
Cardio Dance	North	Woodlands Waterfront Park	Every Sunday	8:30am	9:30am
Cardio Dance	North East	Sengkang Sculpture Park	Every Sunday	8:30am	9:30am
Cardio Dance	North East	Teck Ghee N4 Park	Every Sunday	8:30am	9:30am
Cardio Dance	North West	Tembusu Park	Every Sunday	5:00pm	6:00pm
Cardio Dance	South West	Teban Gardens Neighbourhood Park	Every Sunday	5:00pm	6:00pm
Fight Do	North	Bishan Ang Mo Kio Park	Every Sunday	5:00pm	6:00pm
Fight Do	South	Vista Park	Every Sunday	5:00pm	6:00pm
Kickboxing	Central	Esplanade Park	Every Sunday	8:30am	9:30am
Kickboxing	Central	Telok Blangah Hill Park	Every Sunday	5:00pm	6:00pm
Kickboxing	West	West Coast Green Playground Park	Every Sunday	8:30am	9:30am
K-Kardio	North West	Blk 210 Choa Chu Kang	Every Sunday	5:00pm	6:00pm
KpopX <sup>®</sup> Fitness	Central	Tiong Bahru Park	Every Sunday	5:00pm	6:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
KpopX <sup>®</sup> Fitness	East	Bedok South Community Park	Every Sunday	8:30am	9:30am
KpopX <sup>®</sup> Fitness	East	Pasir Ris Park	Every Sunday	8:30am	9:30am
KpopX Fitness	North East	Compassvale Ancilla Park	Every Sunday	5:00pm	6:00pm
KpopX Fitness	North East	Hougang Avenue 5 Park	Every Sunday	8:30am	9:30am
KpopX <sup>®</sup> Fitness	North East	Sengkang Riverside Park	Every Sunday	8:30am	9:30am
KpopX <sup>®</sup> Fitness	South	Woodlands Crescent Park	Every Sunday	8:30am	9:30am
Masala Bhangra	East	Sun Plaza Park (Tampines)	Every Sunday	8:30am	9:30am
Masala Bhangra	East	Tampines Central Park	Every Sunday	5:00pm	6:00pm
Masala Bhangra	West	Toh Guan Park	Every Sunday	5:00pm	6:00pm
Mega Danz	South	Delta Avenue Blk 5	Every Sunday	5:00pm	6:00pm
PILOXING <sup>®</sup>	East	Tai Keng Gardens Playground Park	Every Sunday	5:00pm	6:00pm
PILOXING <sup>®</sup>	East	Telok Kurau Park	Every Sunday	5:00pm	6:00pm
PILOXING <sup>®</sup>	North East	Oasis Terraces	Every Sunday	8:30am	9:30am
PILOXING <sup>®</sup>	North East	Sengkang Neighbourhood Park	Every Sunday	5:00pm	6:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
PILOXING®	South	Mandai Tekong Park	Every Sunday	5:00pm	6:00pm
PILOXING®	South West	West Coast Park	Every Sunday	8:30am	9:30am
PILOXING®	West	Jurong West Park	Every Sunday	8:30am	9:30am
Salsation	Central	Alexandra Hill East Neighbourhood Park	Every Sunday	8:30am	9:30am
Salsation	East	Punggol Park	Every Sunday	5:00pm	6:00pm
Salsation	East	Tanah Merah Playground	Every Sunday	5:00pm	6:00pm
Salsation	East	Serangoon Community Park	Every Sunday	5:00pm	6:00pm
Salsation	South East	Punggol Town Square	Every Sunday	8:30am	9:30am
SteadyAsia	Central	Tiong Bahru Park	Every Sunday	8:30am	9:30am
Strong by Zumba	North	Yishun Park	Every Sunday	5:00pm	6:00pm
Strong Nation	Central	Bukit Panjang N2 Park	Every Sunday	5:00pm	6:00pm
Strong Nation	East	Hwi Yoh Green Park	Every Sunday	5:00pm	6:00pm
Zumba	Central	Potong Pasir PCN Park	Every Sunday	5:00pm	6:00pm
Zumba	Central	Saint George's Lane Blk 5	Every Sunday	5:00pm	6:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
Zumba	East	Greenville Gardens	Every Sunday	5:00pm	6:00pm
Zumba	East	Joo Seng Road Park	Every Sunday	5:00pm	6:00pm
Zumba	North West	Blk 210 Choa Chu Kang	Every Sunday	8:30am	9:30am
Zumba	South	Woodlands Town Park East	Every Sunday	5:00pm	6:00pm
Zumba	South East	Whampoa Drive Blk 93	Every Sunday	5:00pm	6:00pm
Zumba	South West	Clementi Woods Park	Every Sunday	5:00pm	6:00pm
Zumba® Fitness	East	Bedok Reservoir Park	Every Sunday	5:00pm	6:00pm
Zumba® Fitness	East	Surin Avenue Neighbourhood Park	Every Sunday	9:00am	10:00am
Zumba® Fitness	West	Stagmont Park	Every Sunday	8:30am	9:30am