

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 Active Global Fitness @ 82991880, enquiry@activeglobalfitness.com

Activity	Area	Venue	Day of month	Start Time	End Time
360 HIIT	Central	Hengda Building (Telok Ayer) (360 Fitness)	Every Tuesday	8:00am	9:00am
Animal Flow	Central	Pasir Panjang (Bailemos)	Every Monday	9:00am	10:00am
Avengers	West	Rifle Range Road (Equip Fitness)	Every Sunday	9:00am	10:00am
Back to Basics	Central	Chinatown (Yogapoint)	Every Monday	10:15am	11:15am
Back, Neck & Shoulder	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Monday	7:15am	8:15am
Bbarreless	Central	Hengda Building (Telok Ayer) (360 Fitness)	Every Monday	9:30am	10:30am
Body Combat	Central	Hengda Building (Telok Ayer) (360 Fitness)	Every Wednesday	1:00pm	2:00pm
Body Combat	East	Viva Business Park (True Fitness)	Every Saturday	7:00am	8:00am
Body Combat (Hybrid)	Central	Millenia Walk TFX (True Fitness)	Every Friday	7:15am	8:00am
Body Combat (Hybrid)	Central	Millenia Walk TFX (True Fitness)	Every Thursday	4:30pm	5:30pm
Body Pump	North	Djitsun Mall @ AMK (True Fitness)	Every Saturday	7:00am	8:00am
Bootcamp	Central	Potong Pasir (Anytime Fitness)	Every Tuesday	9:00am	10:00am
Bootcamp	Central	Potong Pasir (Anytime Fitness)	Every Thursday	8:00am	9:00am
Cardio Hip Hop	Central	Clarke Quay (Artistate Dance Studio)	Every Friday	9:00am	10:00am
Core Yoga	Central	Pacific Plaza TFX (True Fitness)	Every Wednesday	7:30am	8:30am
Core Yoga	Central	Prinsep Street (Jyan Yoga)	Every Wednesday	8:30am	9:30am
Core Yoga	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Thursday	8:30am	9:30am

Activity	Area	Venue	Day of month	Start Time	End Time
Core Yoga (Hybrid)	North	Ang Mo Kio Ave 3, #02-01 (Platinum Yoga)	Every Monday	7:00am	8:00am
Deep Stretch & Flow Yoga (Hybrid)	North	Ang Mo Kio Ave 3, #02-01 (Platinum Yoga)	Every Thursday	8:30am	9:30am
Detox Flow	Central	Parkway Centre (Platinum Yoga)	Every Sunday	8:30am	9:30am
Detox Flow	North	Ang Mo Kio Ave 3, #02-01 (Platinum Yoga)	Every Sunday	7:15am	8:15am
Detox Flow	West	Westgate Tower (Platinum Yoga)	Every Saturday	7:15am	8:15am
Detox Flow Yoga (Hybrid)	Central	Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga)	Every Wednesday	8:00am	9:00am
Detox Yoga	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Sunday	12:30pm	1:30pm
Fight-Do	Central	Viva Business Park (True Fitness)	Every Saturday	8:20am	9:20am
Fight-Do (Hybrid)	Central	Funan TFX (True Fitness)	Every Tuesday	9:30am	10:30am
Flow Yoga	Central	Prinsep Street (Jyan Yoga)	Every Friday	8:30am	9:30am
Gentle Yoga	Central	Chinatown (Yogapoint)	Every Tuesday	9:00am	10:00am
Gentle Yoga	East	Income @ Tampines (True Fitness)	Every Sunday	9:50am	10:50am
Grityard HIIT	Central	2 College Road, Medical Alumni Association Building (GritYard)	Every Tuesday	10:00am	11:00am
Grityard HIIT	Central	2 College Road, Medical Alumni Association Building (GritYard)	Every Thursday	10:00am	11:00am
Hatha Basic	Central	Millenia Walk TFX (True Fitness)	Every Thursday	7:00am	8:00am
Hatha Basic	Central	Toa Payoh (Real Yoga)	Every Monday	7:30am	8:30am
Hatha Basic	East	Tampines Grande (Real Yoga)	Every Monday	7:30am	8:30am
Hatha Flow	Central	Pacific Plaza TFX (True Fitness)	Every Friday	7:30am	8:30am
Hatha Vinyasa	Central	Change Alley TFX (True Fitness)	Every Monday	9:00am	10:00am
Hatha Vinyasa	Central	Parkway Centre (Platinum Yoga)	Every Sunday	1:15pm	2:15pm

Activity	Area	Venue	Day of month	Start Time	End Time
Hatha Vinyasa	Central	Suntec City Mall (Platinum Yoga)	Every Wednesday	1:00pm	2:00pm
Hatha Vinyasa	Central	Suntec City Mall (Platinum Yoga)	Every Thursday	7:45am	8:45am
Hatha Vinyasa	West	Westgate Tower (Platinum Yoga)	Every Saturday	1:00pm	2:00pm
Hatha Vinyasa (Hybrid)	Central	Suntec City Mall (Platinum Yoga)	Every Saturday	9:00am	10:00am
Hatha Yoga (Hybrid)	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Friday	4:00pm	5:00pm
HIIT	East	Pasir Ris, Loyang Point (Anytime Fitness)	Every Wednesday	9:00am	10:00am
HIIT	West	Boon Lay (Anytime Fitness)	Every Thursday	8:00am	9:00am
HIIT	West	Bukit Batok (Anytime Fitness)	Every Tuesday	7:00am	8:00am
HIIT - Garage Circuit	Central	Lor Kilat (The Garage)	Every Tuesday	12:00pm	1:00pm
HIIT - Garage Circuit	Central	Lor Kilat (The Garage)	Every Thursday	12:00pm	1:00pm
HIT THE FATS	North	190 Ang Mo Kio Ave 8, #01-03, S(568046) (Sculpt Society)	Every Tuesday	12:00pm	1:00pm
Hot 26 Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Monday	7:30am	8:30am
Hot Flow Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Monday	12.30pm	1.30pm
Hot Pilates	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Tuesday	10:00am	11:00am
Hot Pilates	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Friday	12.30pm	1.30pm
Hot Stretch Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Thursday	12.30pm	1.30pm
Jump Fit Boots	Central	Blk 190 Lorong 6 Toa Payoh, #03-510 (FunFit Studio)	Every Monday	9:15am	10:15am
Kickboxing	Central	Clarke Quay (Artistate Dance Studio)	Every Friday	12:00pm	1:00pm
Kickboxing	Central	Sims Drive (Zen Academy)	Every Monday	8:30am	9:30am
Kickboxing	Central	Sims Drive (Zen Academy)	Every Wednesday	10:10am	11:10am

Activity	Area	Venue	Day of month	Start Time	End Time
K-Kardio	Central	Clarke Quay (Artistate Dance Studio)	Every Wednesday	9:00am	10:00am
K-Kardio	Central	Pasir Panjang (Bailemos)	Every Tuesday	7:30am	8:30am
K-Kardio	Central	Pasir Panjang (Bailemos)	Every Thursday	11:30am	12:30pm
K-Kardio Dance	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Saturday	12:15pm	1:15pm
KPOPX	Central	Clarke Quay (Artistate Dance Studio)	Every Wednesday	10:30am	11:30am
KPOPX	Central	Novena Square (True Fitness)	Every Saturday	7:00am	8:00am
KPOPX	Central	Pasir Panjang (Bailemos)	Every Monday	10:30am	11:30am
KPOPX	Central	Pasir Panjang (Bailemos)	Every Friday	10:30am	11:30am
KPOPX	North	Djitsun Mall @ AMK (True Fitness)	Every Friday	8:20am	9:20am
KPOP X (Hybrid)	North	Djitsun Mall @ AMK (True Fitness)	Every Wednesday	3:00pm	4:00pm
KpopX Fitness	Central	Millenia Walk TFX (True Fitness)	Every Monday	7:15am	8:00am
KpopX Fitness	East	Income @ Tampines (True Fitness)	Every Saturday	8:20am	9:20am
KpopX Fitness	North	190 Ang Mo Kio Ave 8, #01-03, S(568046) (The Grassroots' Club)	Every Monday	7:30am	8:30am
Mat Pilates	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Wednesday	10:30am	11:30am
MEGADANZ	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Wednesday	12:00pm	1:00pm
MEGADANZ	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Saturday	11:00am	12:00pm
Muay Thai	Central	Sims Drive (Zen Academy)	Every Monday	10:10am	11:10am
Muay Thai	Central	Sims Drive (Zen Academy)	Every Wednesday	8:30am	9:30am
Muay Thai	Central	Sims Drive (Zen Academy)	Every Friday	8:30am	9:30am
Muay Thai	Central	Sims Drive (Zen Academy)	Every Friday	10:10am	11:10am

Activity	Area	Venue	Day of month	Start Time	End Time
Neck, Back & Shoulder	North	Ang Mo Kio Ave 3, #02-01 (Platinum Yoga)	Every Friday	12:30pm	1:30pm
Pilates	Central	Hengda Building (Telok Ayer) (360 Fitness)	Every Friday	12:00pm	1:00pm
Pilates	Central	Millenia Walk TFX (True Fitness)	Every Sunday	8:30am	9:30am
Pilates	Central	Novena Square (True Fitness)	Every Monday	7:10am	8:10am
Pilates	Central	Parkway Centre (Platinum Yoga)	Every Sunday	12:15pm	1:15pm
Pilates (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Tuesday	12.30pm	1.30pm
Piloxing	Central	Aperia Mall (Trium Fitness)	Every Tuesday	8:30am	9:30am
Piloxing	Central	Clarke Quay (Artistate Dance Studio)	Every Monday	10:30am	11:30am
Piloxing	Central	Hengda Building (Telok Ayer) (360 Fitness)	Every Thursday	12:00pm	1:00pm
Piloxing	Central	Pasir Panjang (Bailemos)	Every Tuesday	10:30am	11:30am
Piloxing	Central	Pasir Panjang (Bailemos)	Every Sunday	9:00am	10:00am
Piloxing	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Sunday	1:15pm	2:15pm
Piloxing (Hybrid)	Central	Aperia Mall (Trium Fitness)	Every Monday	4:30pm	5:30pm
POPPilates	Central	Chinatown (LifeSparks Studio)	Every Friday	8:00am	9:00am
Power Yoga	Central	Suntec City Mall (Platinum Yoga)	Every Friday	1:00pm	2:00pm
Reshape	West	Rifle Range Road (Equip Fitness)	Every Saturday	8:00am	9:00am
Restorative Yoga	West	Westgate Tower (Platinum Yoga)	Every Friday	1:00pm	2:00pm
Sculpt Yoga	Central	Prinsep Street (Jyan Yoga)	Every Tuesday	8:30am	9:30am
Shape Yoga	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Friday	8:30am	9:30am
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Monday	9:30am	10:30am

Activity	Area	Venue	Day of month	Start Time	End Time
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Monday	10:45am	11:45am
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Wednesday	9:30am	10:30am
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Wednesday	10:45am	11:45am
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Friday	9:30am	10:30am
Strength Class	North	80 Bendemeer Road (Dungeon Fitness)	Every Friday	10:45am	11:45am
Stretch Yoga	Central	Change Alley TFX (True Fitness)	Every Tuesday	7:10am	8:10am
Stretch Yoga	Central	Prinsep Street (Jyan Yoga)	Every Monday	8:30am	9:30am
Stretch Yoga	Central	Prinsep Street (Jyan Yoga)	Every Thursday	8:30am	9:30am
Sun Salutation	Central	169A Telok Ayer St, Level 2 (Trust Yoga)	Every Saturday	9:30am	10:30am
Sun Series	Central	Pacific Plaza TFX (True Fitness)	Every Saturday	8:30am	9:30am
Sunrise Yoga	Central	Suntec City Mall (Platinum Yoga)	Every Monday	7:45am	8:45am
Sunrise Yoga	Central	Suntec City Mall (Platinum Yoga)	Every Tuesday	7:45am	8:45am
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Monday	1:00pm	2:00pm
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Tuesday	7:45am	8:45am
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Tuesday	1:00pm	2:00pm
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Wednesday	1:15pm	2:15pm
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Thursday	7:45am	8:45am
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Friday	7:45am	8:45am
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Friday	1:00pm	2:00pm
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Saturday	9:45am	10:45am

Activity	Area	Venue	Day of month	Start Time	End Time
Trampoliné Fitness	Central	Peninsula Shopping Centre (Rasa Fitness & Dance)	Every Sunday	10:15am	11:15am
Vinyasa Yoga	Central	Suntec City Mall (Platinum Yoga)	Every Sunday	1:00pm	2:00pm
Vinyasa Yoga	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Tuesday	12.30pm	1.30pm
Vinyasa Yoga (Hybrid)	Central	Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga)	Every Tuesday	4:30pm	5:30pm
Yin Yang Yoga	Central	Chinatown (Yogapoint)	Every Thursday	10:15am	11:15am
Yin Yoga	Central	Chinatown (Yogapoint)	Every Tuesday	10:15am	11:15am
Yin Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Thursday	10:00am	11:00am
Yin Yoga (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Sunday	12:00pm	1:00pm
Yoga & Relaxation	Central	Chinatown (Yogapoint)	Every Monday	9:00am	10:00am
Yoga & Wellness	Central	Chinatown (Yogapoint)	Every Friday	9:00am	10:00am
Yoga Core	Central	Parkway Centre (Platinum Yoga)	Every Wednesday	7:15am	8:15am
Yoga Flow	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Wednesday	7:30am	8:30am
Yoga Flow	Central	HarbourFront (True Fitness)	Every Wednesday	8:50am	9:50am
Yoga Flow (Hybrid)	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Monday	10:30am	11:30am
Yoga for Back Pain	Central	Chinatown (Yogapoint)	Every Wednesday	10:15am	11:15am
Yoga for Neck & Shoulder	Central	Chinatown (Yogapoint)	Every Wednesday	11:30am	12:30pm
Yoga for Weight Loss	Central	Chinatown (Yogapoint)	Every Friday	10:15am	11:15am
Yoga Stretch	Central	Toa Payoh (Real Yoga)	Every Tuesday	7:30am	8:30am
Yoga Stretch	East	Tampines Grande (Real Yoga)	Every Thursday	7:30am	8:30am
Yoga Stretch	West	Jurong Gateway (Real Yoga)	Every Monday	7:30am	8:30am

Activity	Area	Venue	Day of month	Start Time	End Time
Yoga Stretch	West	Jurong Gateway (Real Yoga)	Every Wednesday	7:30am	8:30am
Yoga Stretch (Hybrid)	Central	Chinatown (Yogapoint)	Every Thursday	9:00am	10:00am
Yoga Therapy	Central	Funan TFX (True Fitness)	Every Friday	7:30am	8:30am
Yoga Therapy	Central	Toa Payoh (Real Yoga)	Every Thursday	2:30pm	3:30pm
Yoga Therapy	East	Tampines Grande (Real Yoga)	Every Wednesday	2:00pm	3:00pm
Yoga Therapy	West	Jurong Gateway (Real Yoga)	Every Tuesday	12:45pm	1:45pm
Yoga Tone	North	Ang Mo Kio Ave 3, #02-01 (Platinum Yoga)	Every Tuesday	8:30am	9:30am
Yoga Tone	West	Westgate Tower (Platinum Yoga)	Every Sunday	1:00pm	2:00pm
Yogalates	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Wednesday	12:30pm	1:30pm
Yogalates	Central	Suntec City Mall (Platinum Yoga)	Every Saturday	1:00pm	2:00pm
Yogalates (Hybrid)	Central	Blk 190 Lorong 6 Toa Payoh, #03-252 (Platinum Yoga)	Every Thursday	12:30pm	1:30pm
Zumba	Central	Aperia Mall (Trium Fitness)	Every Thursday	10:00am	11:00am
Zumba	Central	Clarke Quay (Artistate Dance Studio)	Every Wednesday	12:00pm	1:00pm
Zumba	Central	Novena Square (True Fitness)	Every Sunday	8:20am	9:20am
Zumba	Central	Pasir Panjang (Bailemos)	Every Tuesday	9:00am	10:00am
Zumba	Central	Pasir Panjang (Bailemos)	Every Wednesday	9:30am	10:30am
Zumba	Central	Pasir Panjang (Bailemos)	Every Thursday	10:00am	11:00am
Zumba (Hybrid)	Central	Aperia Mall (Trium Fitness)	Every Wednesday	9:30am	10:30am
Zumba (Hybrid)	Central	Aperia Mall (Trium Fitness)	Every Friday	11:00pm	12:00pm
Zumba (Hybrid)	North	Djitsun Mall @ AMK (True Fitness)	Every Sunday	8:20am	9:20am