

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
Cardio Dance Fitness	East	Bedok Industrial - Pavillion between Block	Every Thursday	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
Fitness Re-boot!	Central	To join the session, kindly click on this link	Every Tuesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
HIIT	East	BreadTalk IHQ - space outside BreadTalk	Every Thursday	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	To join the session, kindly click on this link	Every Wednesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	East	Plaza 8 - Amphitheatre	Every Tuesday	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
K-Kardio	West	Teletech Park@Science Park 2 - Level 2 Roof	Every Monday	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	Central	Aperia - Level 3 Open Plaza	Every Monday	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
KpopX Fitness	West	Ascent@Science Park 1 - outside 'thebridge+'	Every Tuesday	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873

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KpopX Fitness	West	Fusionopolis - Outside Starbucks Level 2	Every Thursday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Megadanz	South	Sentosa Boardwalk (Closer to VivoCity)	Every Friday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Megadanz	West	JTC Launchpad - Basketball Court	Every Wednesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Piloxing	Central	To join the session, kindly click on this link	Every Monday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Supafresh Dance Movement	West	31@IBP - Level 1 Open Area	Every Tuesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Yoga	East	BreadTalk IHQ - All About Yoga studio	Every Wednesday	12:30pm	1:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	Central	Techpoint - Level 1, Courtyard	Every Wednesday	6:15pm	7:15pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	BreadTalk IHQ - space outside BreadTalk	Every Tuesday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	Eightrium - Rooftop, Level 6	Every Friday	6:00pm	7:00pm	Team Axis: healthywe@team-axis.com / 90273873
Zumba	East	Open space outside Blk 3023 MSCP	Every Monday	6:30pm	7:30pm	Team Axis: healthywe@team-axis.com / 90273873

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Cardio Dance	Central	Webinar ID 871 7307 5546, Passcode 497974	Every Wednesday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
Cardio Hip Hop	Central	Webinar ID 871 7307 5546, Passcode 497974	Every Monday	6:00pm	7:00pm	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	East	Urban Plaza Level 1, area beside Water Fountain	Every Wednesday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
Fight Do	South	Marina Square Level 2 (Outside Pororo Park - Outdoor deck)	Every Thursday	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
Fusion Dance	Central	Webinar ID 871 7307 5546, Passcode 497974	14, 28 Apr	12:00pm	1:00pm	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	7:45am	8:45am	Minmed: askhwe@minmed.sg / 64162957
K Kardio	Central	Webinar ID 871 7307 5546, Passcode 497974	Every Friday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
K-Kardio	East	18 Tai Seng Street, Level 1 Concourse	Every Monday	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
K-Kardio	South	SMU School of Information Systems, Open area outside 'Subway', Level 1	Every Thursday	6:15pm	7:15pm	Minmed: askhwe@minmed.sg / 64162957

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K-Kardio	East	Suntec Plaza, Outside PasarBella	Every Tuesday	5:45pm	6:45pm	Minmed: askhwe@minmed.sg / 64162957
K-Kardio	East	Suntec Plaza, Outside PasarBella	Every Tuesday	7:15pm	8:15pm	Minmed: askhwe@minmed.sg / 64162957
Megadanz	Central	Webinar ID 871 7307 5546, Passcode 497974	Every Tuesday	6:00pm	7:00pm	Minmed: askhwe@minmed.sg / 64162957
Megadanz	East	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
Zumba	Central	Webinar ID 871 7307 5546, Passcode 497974	Every Thursday	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	6:30pm	7:30pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	East	31 Tampines Street Multi Storey Carpark Level 5	Every Thursday	6:00pm	7:00pm	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	South	Suntec Plaza, Outside PasarBella	Every Wednesday	5:45pm	6:45pm	Minmed: askhwe@minmed.sg / 64162957

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Zumba	South	Suntec Plaza, Outside PasarBella	Every Wednesday	7:15pm	8:15pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	South	HarbourFront Centre, North Atrium (Outside Pizza Hut)	Every Thursday	6:15pm	7:15pm	Minmed: askhwe@minmed.sg / 64162957
Zumba	West	CleanTech Park, LaunchPad @ Innovative District	Every Monday	5:30pm	6:30pm	Minmed: askhwe@minmed.sg / 64162957

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Bounce Dance Fit	Central	Urban Plaza, Level 1	Every Thursday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Cardio Fitness/HIIT	Central	Guoco Tower Covered Plaza	Every Monday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Cardio Kickboxing	Central	Link will be provided when is available	Every Wednesday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Glow Stick Party (Zumba)	Central	Raffles Place Park	Every Wednesday	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
Masala Bhangra	Central	100PLUS Promenade	Every Thursday	7:00pm	8:00pm	SNEF: hde@snef.org.sg / 62907697
Piloxing	Central	Link will be provided when is available	Every Friday	6:30pm	7:30pm	SNEF: hde@snef.org.sg / 62907697
Piloxing	Central	Ocean Financial Centre Covered Plaza	6, 20 Apr	6:15pm	7:15pm	SNEF: hde@snef.org.sg / 62907697
Pop Pilates	Central	Link will be provided when is available	Every Monday	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

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Fight Do	Central	Plaza Singapura	Every Tuesday	7:30pm	8:15pm	Sign up at: https://go.gov.sg/moveit-workgreat
K Pop X Fitness Workout	Central	Virtual Session	Every Monday	6:30pm	7:30pm	Sign up at: https://go.gov.sg/moveit-workgreat
K Pop X Fitness Workout	Central	Virtual Session	Every Thursday	6:30pm	7:30pm	Sign up at: https://go.gov.sg/moveit-workgreat
Les Mills Body Combat	Central	Virtual Session	Every Wednesday	5:00pm	6:00pm	Sign up at: https://go.gov.sg/moveit-workgreat
Let's Dance	Central	Virtual Session	Every Monday	6:00pm	7:00pm	Sign up at: https://go.gov.sg/moveit-workgreat
Lunch Yoga	Central	Virtual Session	Every Tuesday	12:00pm	1:00pm	Sign up at: https://go.gov.sg/moveit-workgreat
Stretching Workout	Central	Virtual Session	Every Friday	12:30pm	1:30pm	Sign up at: https://go.gov.sg/moveit-workgreat
Strong Nation (Zumba)	Central	Plaza Singapura	Every Tuesday	6:30pm	7:15pm	Sign up at: https://go.gov.sg/moveit-workgreat
Virtual Cardio Kickboxing Workout	Central	Virtual Session	Every Wednesday	6:30pm	7:30pm	Sign up at: https://go.gov.sg/moveit-workgreat

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Virtual Cardio Kickboxing Workout	Central	Virtual Session	Every Sunday (Except 4 Apr)	9:00am	10:00am	Sign up at: https://go.gov.sg/moveit-workgreat
Virtual Health Talk	Central	Virtual Session	Every Thursday	12:30pm	1:30pm	Sign up at: https://go.gov.sg/moveit-workgreat
Virtual Zumba Workout	Central	Virtual Session	Every Friday	6:30pm	7:30pm	Sign up at: https://go.gov.sg/moveit-workgreat
Virtual Zumba Workout	Central	Virtual Session	Every Saturday (Except 3 Apr)	9:00am	10:00am	Sign up at: https://go.gov.sg/moveit-workgreat
Yogalates	Central	Virtual Session	Every Friday	5:00pm	6:00pm	Sign up at: https://go.gov.sg/moveit-workgreat
Zumba	Central	Plaza Singapura	Every Thursday	6:30pm	7:15pm	Sign up at: https://go.gov.sg/moveit-workgreat
Zumba	Central	Plaza Singapura	Every Thursday	7:30pm	8:15pm	Sign up at: https://go.gov.sg/moveit-workgreat
Zumba	Central	Valley Point (Level 6)	Every Monday	6:00pm	7:00pm	Sign up at: https://go.gov.sg/moveit-workgreat
Zumba/K Pop X With Wenjie	Central	Virtual Session	Every Thursday	5:00pm	6:00pm	Sign up at: https://go.gov.sg/moveit-workgreat