

### 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	11:50am	12:50pm
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
Backcare Therapy	Central	Bugis Village (One Wellness)	Every Tuesday	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	Central	Millenia Walk VFX (True Fitness)	Every Friday	7:15am	8:15am
Body Combat	East	Viva Business Park (True Fitness)	Every Saturday	7:00am	8:00am
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	Prinsep Street (Jyan Yoga)	Every Wednesday	8:30am	9:30am
Core Yoga	Central	Pacific Plaza TFX (True Fitness)	Every Wednesday	7:30am	8:30am

Activity	Area	Venue	Day of month	Start Time	End Time
Core Yoga	North	Ang Mo Kio Ave 3, #02-01 (Platinum Yoga)	Every Monday	7:00am	8:00am
Core Yoga	West	Clementi Ave 3 Blk 446 (Platinum Yoga)	Every Thursday	8:30am	9:30am
Deep Stretch & Flow	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 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
Flow Yoga	Central	Prinsep Street (Jyan Yoga)	Every Friday	8:30am	9:30am
Gentle Yoga	Central	Bugis Village (One Wellness)	Every Monday	1:00pm	2:00pm
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	Bugis Village (One Wellness)	Every Thursday	7:15am	8:15am
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

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	Central	Suntec City Mall (Platinum Yoga)	Every Saturday	9:00am	10:00am
Hatha Vinyasa	Central	Parkway Centre (Platinum Yoga)	Every Sunday	1:15pm	2:15pm
Hatha Vinyasa	West	Westgate Tower (Platinum Yoga)	Every Saturday	1:00pm	2:00pm
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
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
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
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

Activity	Area	Venue	Day of month	Start Time	End Time
Kpop X	Central	Novena Square (True Fitness)	Every Saturday	7:00am	8:00am
Kpop X	Central	Clarke Quay (Artistate Dance Studio)	Every Wednesday	10:30am	11:30am
Kpop X	Central	Pasir Panjang (Bailemos)	Every Monday	10:30am	11:30am
Kpop X	Central	Pasir Panjang (Bailemos)	Every Friday	10:30am	11:30am
KpopX	Central	Millenia Walk VFX (True Fitness)	Every Monday	7:15am	8:15am
Kpop X	East	Income @ Tampines (True Fitness)	Every Saturday	8:20am	9:20am
Kpop X	North	Djitsun Mall @ AMK (True Fitness)	Every Friday	8:20am	9:20am
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
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	Parkway Centre (Platinum Yoga)	Every Sunday	12:15pm	1:15pm
Pilates	Central	Novena Square (True Fitness)	Every Monday	7:10am	8:10am
Piloxing	Central	Hengda Building (Telok Ayer) (360 Fitness)	Every Thursday	12:00pm	1:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
Piloxing	Central	Clarke Quay (Artistate Dance Studio)	Every Monday	10:30am	11:30am
Piloxing	Central	Pasir Panjang (Bailemos)	Every Tuesday	10:30am	11:30am
Piloxing	Central	Pasir Panjang (Bailemos)	Every Sunday	9:00am	10:00am
Piloxing	Central	Aperia Mall (Trium Fitness)	Every Tuesday	8:30am	9:30am
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
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
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 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

Activity	Area	Venue	Day of month	Start Time	End Time
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
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
Yin Yang Yoga	Central	Chinatown (Yogapoint)	Every Thursday	10:15am	11:15am
Yin Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Thursday	10:00am	11:00am
Yin Yoga	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Sunday	12:00pm	1:00pm
Yoga Core	Central	Parkway Centre (Platinum Yoga)	Every Wednesday	7:15am	8:15am
Yoga Flow	Central	Bugis Village (One Wellness)	Every Wednesday	9:00am	10:00am
Yoga Flow	Central	Far East Shopping Centre (Orchard Sweatbox)	Every Wednesday	7:30am	8:30am
Yoga for Back Pain	Central	Chinatown (Yogapoint)	Every Wednesday	10:15am	11:15am
Yoga for Beginners	Central	Bugis Village (One Wellness)	Every Friday	1:00pm	2:00pm
Yoga for Weight Loss	Central	Chinatown (Yogapoint)	Every Friday	10:15am	11:15am
Yoga Stretch	Central	Bugis Village (One Wellness)	Every Wednesday	1:00pm	2:00pm
Yoga Stretch	Central	Toa Payoh (Real Yoga)	Every Tuesday	7:30am	8:30am

Activity	Area	Venue	Day of month	Start Time	End Time
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
Yoga Stretch	West	Jurong Gateway (Real Yoga)	Every Wednesday	7:30am	8:30am
Yoga Therapy	Central	Bugis Village (One Wellness)	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
Zumba	Central	Clarke Quay (Artistate Dance Studio)	Every Wednesday	12:00pm	1:00pm
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	Central	Aperia Mall (Trium Fitness)	Every Thursday	10:00am	11:00am
Zumba	Central	Novena Square (True Fitness)	Every Sunday	8:20am	9:20am
Zumba	North	Djitsun Mall @ AMK (True Fitness)	Every Sunday	8:20am	9:20am